

Holding It Together When You Are Feeling Anxious (Part 3)

Trigger #2: The Threat of not being able to control what affects us

Question #2: Who has control over you?

- a) _____
- *What are you afraid will happen if you can't control this situation or person?*
 - *Are you catastrophizing or expecting the worst?*
 - *What are the chances that this bad thing will really happen?*
- b) Identify _____ that make you feel anxious
- c) Focus on what _____ I

Key: When _____ goes down, anxiety goes down

Key: _____ who is in control of everything

Psalm 121:1-2 *I will lift up my eyes to the mountains; from whence shall my help come? My help comes from the Lord, Who made heaven and earth.*

Tigger #3: The fear of failure or loss

Question #3: How do I interpret the gap between perfection and reality?

Why does my alarm system get so upset at something so small?

KEY: What am I _____?

_____ are the key to retraining your brain

Jeremiah 29:11-12 *For I know the plans I have for you, says the Lord. They are plans for good and not for disaster, to give you a future and a hope.*

Numbers 14:7-9 *"The land we traveled through and explored is a wonderful land! And if the LORD is pleased with us, he will bring us safely into that land and give it to us...don't be afraid of the people of the land. They are only helpless prey to us! They have no protection, but the LORD is with us! Don't' be afraid of them!"*

Signs of anxiety

1. Excessive worrying about unlikely events
2. Difficulty sleeping or resting
3. Fatigue
4. Difficult concentrating or absent-minded
5. Increased negativity, Irritability, and tension
6. Increased heart-rate and palpitations
7. Sweating and hot flashes
8. Trembling and shaking
9. Chest pains and shortness of breath
10. Feelings of terror or impending doom

Signs you're controlling:

- You want to know what's going to happen, how it's going to happen, and when it's going to happen.
- You over-plan and get upset when things don't go according to plan.
- You obsess over details, even insignificant details.
- You think there's only one right way to do something.
- You're critical of others.
- You boss people around or micromanage.
- You have impossibly high standards.
- You want to make the plans and decisions so you can do things your way.
- You dislike change (unless, perhaps, you're initiating it).
- You don't like surprises.
- You feel anxious or angry when you don't know what's going to happen, things don't go according to plan, you can't complete a task the way you want, or others make "bad" choices.
- You have trouble trusting people.

Resources

- Download the phone app: Mindshift
- Use Google to find an online counselor
- Start journaling about what is making you feel anxious
- Read about anxiety at www.psychologytoday.com and <https://livewellwithsharonmartin.com/>