

## Anxious For Nothing When You Are Feeling Anxious (Part 1)

### Understanding The Three Major Causes Of Anxiety

**#1: The threat of \_\_\_\_\_**

**Genesis 2:18** *The LORD God said, "It is not good for the man to be alone..."*

**Ephesians 2:18** *Now all of us can come to the Father through the same Holy Spirit because of what Christ has done for us.*

**#2: The threat of not \_\_\_\_\_**

**Daniel 2:21** *He controls the course of world events; he removes kings and sets up other kings. He gives wisdom to the wise...*

**Matthew 6:34** *Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

**Philippians 4:6-7** *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

**#3: The threat of \_\_\_\_\_**

**Romans 3:23** *For everyone has sinned; we all fall short of God's glorious standard.*

Key: Watch out for \_\_\_\_\_ the negative  
**Exodus 16:3** *If only the LORD had killed us back in Egypt," they moaned. "There we sat around pots filled with meat and ate all the bread we wanted. But now you have brought us into this wilderness to starve us all to death.*

## Signs you're controlling by Dr. Sharon Martin

- 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:

- [https://www.livewellwithsharonmartin.com/gsm\\_quiz/perfectionist-quiz/](https://www.livewellwithsharonmartin.com/gsm_quiz/perfectionist-quiz/)
- Talk to a counselor
- Start journaling about what is making you feel anxious
- Visit [www.drcloud.com](http://www.drcloud.com) – His youtube channel
- Spotify - The boundaries.me podcast