

Anxious For Nothing When Anxiety Triggers A Desire To Control (Part 3)

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

Key: Anxiety thrives in uncertainty

Solution #2: Challenge the anxious thoughts

Step 1: _____

- Pause when you are feeling anxious
- Name the emotion and the trigger

I'm feeling anxious because... _____

Psalm 55: 4-5 *My heart is in anguish within me; the terrors of death have fallen on me. Fear and trembling have beset me; horror has overwhelmed me.*

Exodus 16:19-20 *Then Moses told them, "Do not keep any of it until morning." But some of them didn't listen and kept some of it until morning. But by then it was full of maggots and had a terrible smell.*

Step 2: Hit "Pause" on the _____

Exodus 4:13 *But Moses again pleaded, "Lord, please! Send anyone else."*

Step 3: What _____

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.*

"God this feels out of control to me and I don't like it. But you've made these promises to me. Promises that you are working on my behalf and for my good. So, before I can see what you are doing, I want to say thank you. I want to demonstrate faith in you despite being in a situation that feels out of control to me. "

Things to stop saying to an anxious person:

- Just pray about it
- You must not be trusting God enough
- God won't give you more than you can handle
- You need to have more faith
- It's not that big of a deal—just let it go
- Other people have it worse
- Just read your Bible more, and you'll feel better

Instead, offer empathetic, supportive responses like, "I'm so sorry you are going through this," "I'm here for you," "How can I help?"

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/
- Talk to a counselor
- Start journaling about what is making you feel anxious
- Visit www.drcloud.com – His youtube channel
- **Spotify** - The boundaries.me podcast