

**Holding It Together
When You Are Feeling Anxious (Part 4)**

Tigger #3: The fear of _____

- Catastrophizing
- Perfectionism
- Controlling behavior

Question #3: What goes on in my head when things _____

a) Remember _____

Psalm 78:11 *They forgot what he had done, the wonders he had shown them.*

Key: Practice a _____

b) Make your brain _____

Psalm 78:19-20 *They spoke against God; they said, "Can God really spread a table in the wilderness? True, he struck the rock, and water gushed out, streams flowed abundantly, but can he also give us bread? Can he supply meat for his people?"*

Key: What do I say to myself _____ in the anxious moments?

Anxiety does NOT _____

_____ 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!"*

Key: Never have an anxious thought without

Signs of a perfectionist by Elizabeth Scott

All or nothing thinking: Almost perfect is seen as failure

Highly critical: They tend to be highly critical of themselves and others. They quickly spot mistakes and imperfections. Judgmental and hard on themselves and others when "failure" does happen.

Work-a-holism: They are afraid of not hitting their goals. Afraid of not being perfect.

Unrealistic standards: Their goals aren't always even reasonable.

Focused on results: They usually see the goal and nothing else. They are so concerned about meeting the goal and avoiding the dreaded failure they can't enjoy the process of growing.

Depressed by unmet goals: They are not happy or easy going. They do not bounce back quickly from disappointment. They beat themselves up and wallow in negative feelings when their high expectations are unmet.

Fear of failure: They are disappointed by anything less than perfection.

Procrastination: Because they fear it won't be perfect, they sometimes become immobilized and fail to do anything at all.

Defensive: They do not take constructive criticism.

Low self-esteem: Very self-critical. Can become isolated and rigid and push people away.

A – Activating factor

B – Belief gets formed

C – Emotional consequences

D – Dispute the anxious thought

E- Exchange it for the truth

Resources

- https://www.livewellwithsharonmartin.com/qsm_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