



High Anxiety

IDENTIFY

It is important to identify the problems as specifically as possible. Take a piece of paper and write down a fear you have. Then list all of your characteristics unique to that fear. Once you have identified these fears, write down "Past experiences with this fear." Use recent experiences and be as detailed as possible.

Next, compare the two lists. Ask yourself these questions:

1. Are these fears healthy or unhealthy? Are they rational or irrational?
2. What are the consequences of my fears? (If you admit and identify your fear, it will begin to diminish)!

For many, WORRY is their specific problem.

1. Face your worries and admit them when they come.
2. Itemize your worries and anxieties on a sheet of paper
3. Write down the reasons or causes for your worry,
4. Write down the amount of time you spend each day worrying.
5. What has worrying prevented you from doing and how has the way you have worried increased the problem
6. Avoid fatigue.
7. At the onset of worry, ask yourself, "What will my worry accomplish?"
8. When a problem arises, face it and decide what you can do about it.

CENTER ON GOD

Freedom from worry is possible.

1. Break the habit of worry. Carry a 3 x 5 inch card with you and on one side write the word "STOP." On the other side, write out Philippians 4:6-9 word for word using the living Bible or Amplified Bible. When you begin to worry, take out the card and read the side that says "STOP." Turn the card over and read the verse, carefully contemplating each word. This will eventually become a positive substitute for worry.

2. Study Matthew 6:25-34 to discover several principles that help to overcome worry and anxiety.
 - A. Face the tough situations that come with life and learn to lean on God while striving to seek improvement.
 - B. You can't add any length of span to your life through worry.
 - C. Perhaps what we are worrying about should not be the center of our attention.
 - D. Christ recommends that we practice living a day at a time.
 - E. Center your thoughts on God and not on worry.

WHAT ABOUT FEARS?

1. When was the first time you became aware of your fear(s)?
2. As far as I know, the reason it developed was _____.
3. This fear occurs most often when _____
4. The response I want to replace this fear with is _____