

FIGHTING ANXIETY

How do I fight Anxiety? (1) Remember God's Presence. (2) Request God's Help. (3) Receive God's Peace. (4) Think Godly Thoughts. (5) Take Godly Action.

The Anxiety Worksheet

1. Capture Your Anxiety. When you feel anxious take a few minutes to write down exactly what you're anxious about:

* What is making me feel anxious?

2. Clarify Your Anxiety. Begin to clarify the anxious thoughts by asking questions like:

* What bad thing do I think is going to happen?

* What are the odds that this negative consequence will occur?

* What emotions am I feeling right now?

3. Challenge Your Anxiety. Challenge the validity of your worries by asking questions like:

* What evidence do I have to support my worry?

* Is there any evidence that would argue against my worry?

* How likely is it that what I am fearful of will actually happen?

* What's the worst thing that could happen?

* What's the best thing that could happen?

* What will probably happen?

* Is worrying about it helping at all?

* If my worst case scenario happened – how would I cope?

* Is there another way I can look at this situation?

4. Correct Your Situation. Write out a new way of thinking about the situation and create some action steps to take:

* How do I view the situation now?

* What steps will I take to resolve it?

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