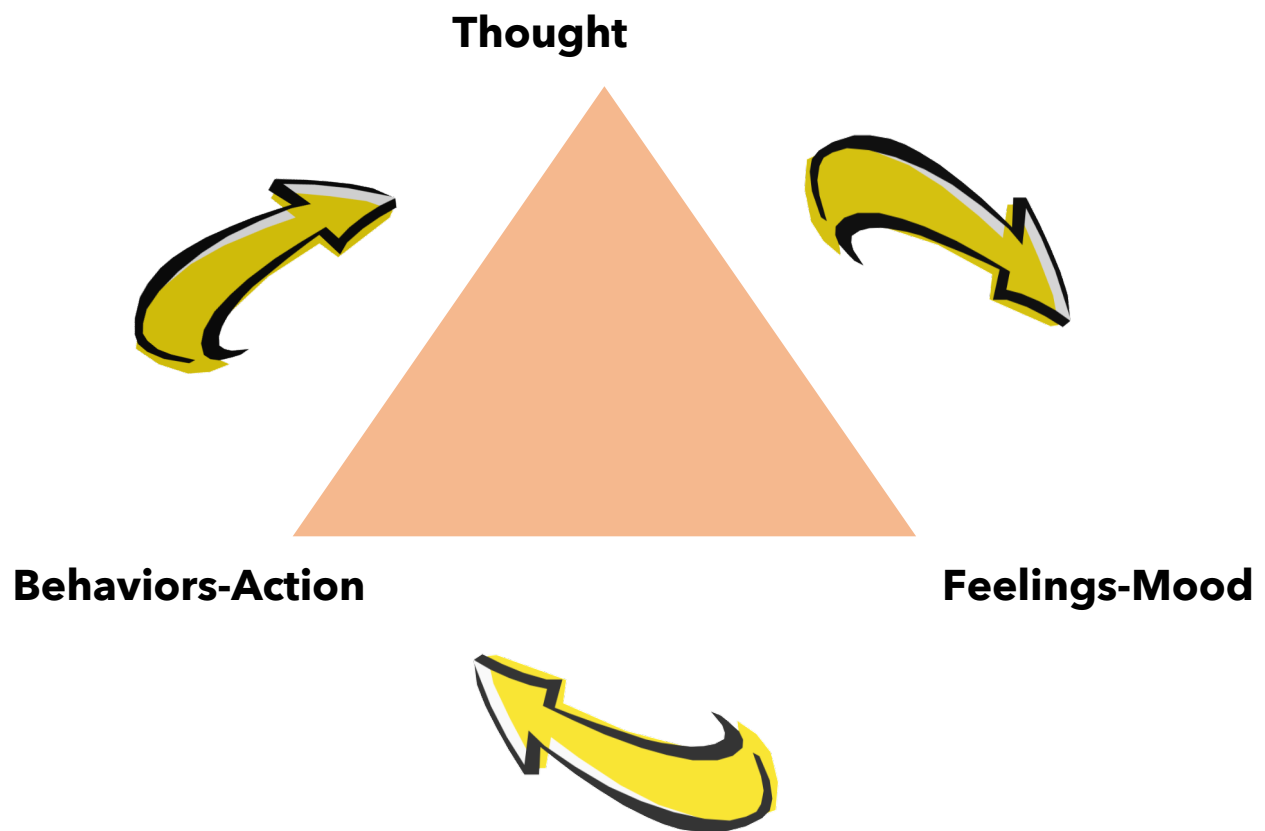


## Working with your Anxiety

Anxiety starts with your thinking process, and the purpose of anxiety is to keep you safe. Feeling safer begins with examining the real danger behind a situation and being able to assign the appropriate level of fear. Only then can you respond appropriately to the situation you are facing. Your thoughts create a feeling or mood, which then prompt action:



## **1. Assess your Thinking: Determine the real danger level of the situation**

Consider the situation you face and assess the actual danger potential:

- Is it a small or large problem?
- Is it nuisance or a catastrophe?
- Give it a number from 1-10 in terms of the actual danger you face

**1.....2.....3.....4.....5.....6.....7.....8.....9.....10**  
**(Problem) (Catastrophe)**

- If you assessed the danger at 1-2-3, just watch the situation and wait to respond
- If you assessed the danger at a 4-5-6, create a strategy to manage the situation
- If you assessed the danger at a 7-8-9, complete the strategy and act

## **2. Assess your Fear Level: Determine the appropriate response and fear level to the danger situation**

Consider the danger situation you face and assign the appropriate level of fear for the situation:

### **Fear Level**

**1.....2.....3.....4.....5.....6.....7.....8.....9.....10**  
**(Low) (High)**

- Are you a 1-2-3? Push fear away. Fear walks by us each day. Send it away.
- Are you a 4-5-6? Employ kindness, self-compassion, self-care.
- Are you an 8-9-10? Plan for and take action to reduce your fear and anxiety.

## **Worksheet: Review your responses**

Where can you adjust to reduce your anxiety and improve your response to your situation?

- How can you adjust your thinking to be realistic and more accurate?
- How can you adjust your feelings or mood align with the reality of your danger situation?
- How can you adjust your behavior and actions to ensure your best response?