

The pattern of anxiety.

An exercise for dealing with anxiety.



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An exercise for dealing with anxiety - The pattern of anxiety.

Sometimes anxiety just shows up and that's okay. Anxiety also follows a pattern. Can I identify a trigger to my anxiety? A worry/event/situation.

What thoughts and feelings are associated with the trigger?

Is there a belief sitting behind my thoughts and feelings? E.g., I'm not worthy or good enough...

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How do I respond? E.g., specific examples of what I do to cope with the thoughts and feelings. Do I avoid, accommodate, escape or withdraw...

What are the short-term consequences of my response?

What are the long-term consequences of my response?

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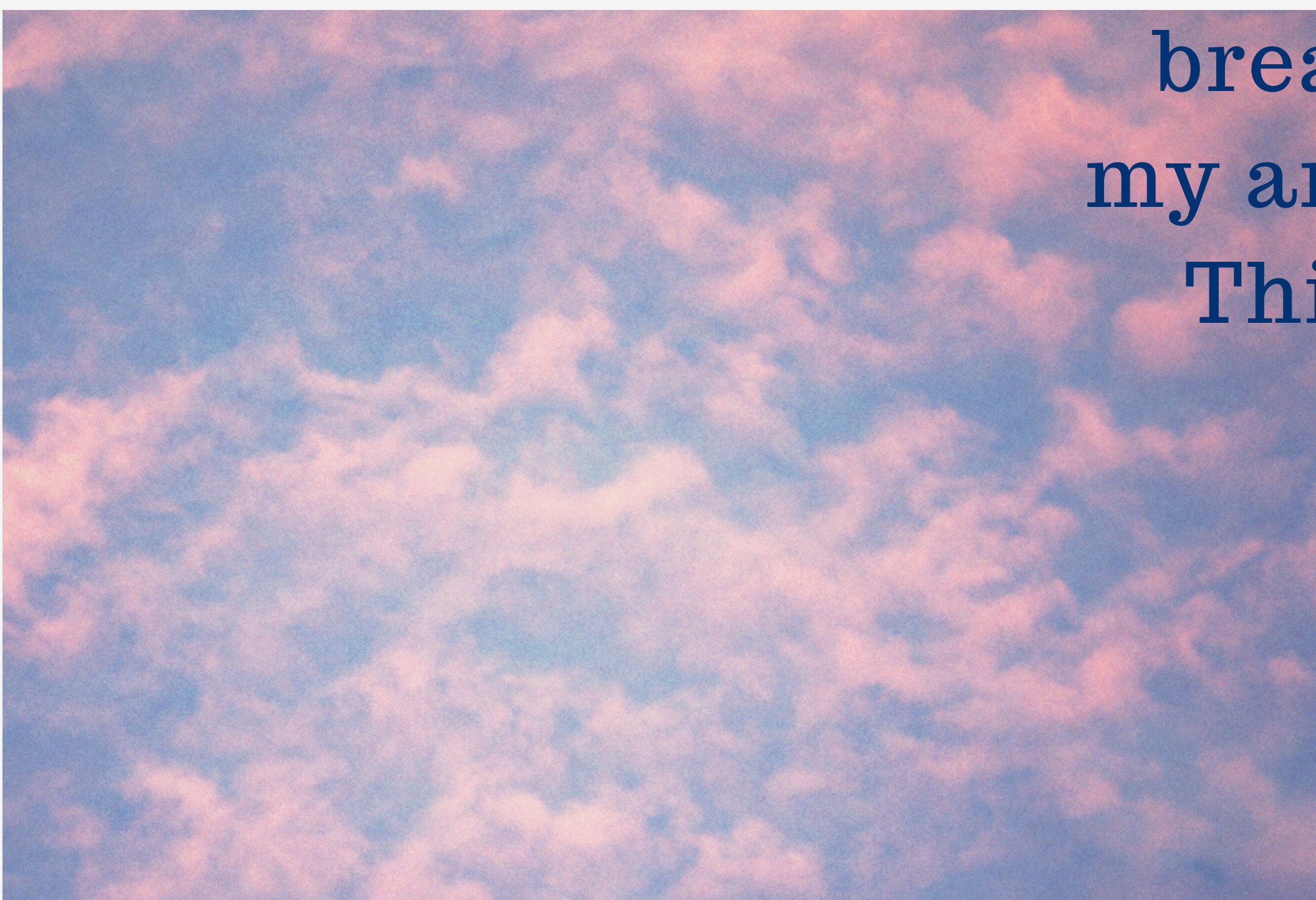
Do I punish or criticise myself for my response pattern?

How could I support, validate and self-soothe myself instead?

How could I take small steps to change or interrupt my response
pattern?

Identifying your anxiety pattern is eye opening and can provide some further insight into the workings of anxiety. Once you are aware of your pattern, you can slowly begin to implement new ways of responding.

“Feelings
come and go
like clouds in
a windy sky.
Conscious
breathing is
my anchor.” -
Thich Nhat
Hanh.



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