



Anxiety Tool kit

In the midst of an anxiety or panic attack:

STOP what you are doing

Find a SAFE PLACE

Take SLOW, deep breaths

Immediately after an incident, once you have calmed down, journal everything you remember:

Where were you and what were you doing?

Who was with you or around you?

What did you see? Smell? Touch?

Did someone say or do something to you? What?

How did you react? Freeze? Flee? Fight (physically swinging arms, verbal lashing out)?

What emotions (besides anxiety) were you experiencing?

Discover the root of your anxiety:

What is your greatest FEAR? Why?

What WORRIES seem to spin in your mind or keep you up at night?

Have you REPRESSED some past abuse, trauma, or events that made you sad or angry?

What BEHAVIORAL PATTERNS do you fall into? What is your coping mechanism?

When does this occur? What are you trying to forget, numb or avoid?

What LIES are you believing about God, yourself and others?

Take control!

2 Corinthians 10:5 -Are YOU taking every thought captive? Or is every THOUGHT taking you captive?

-THINK about what you are thinking

-Break down your thoughts and counter them with TRUTH

Romans 12:2 -YOU must decide

-FIGHT to believe the truth