

Lesson 2: Anxiety Quotient Quiz

Introduction

- Anxiety places us in the sympathetic nervous system. This is our flight or fight response.
- If this part of our brain is turned on constantly, no wonder we are suffering and exhausted emotionally.
- Today we will examine our symptoms of anxiety and learn skills to stop it.
- When we learn to recognize anxiety, we can intentionally engage the calming parasympathetic nervous system.
- Freedom from anxiety is a reachable goal.

Lesson: There needs to be a decision to stop the anxiety, not to solve the problem.

(Mark the ones that apply to you)

(These are easily identifiable symptoms of anxiety. You may find more.)

Emotional Symptoms	
• Anxious, nervous inside	
• Anger (explosive or seething)	
• Crying frequently	
• Hopeless/Helpless feelings	
• Despair	
• Fear	

Mental Symptoms	
• Short term memory loss	
• Lack of focus	
• Obsessing over problems-replaying drama	
• Revenge thoughts, plans or actions	
• Nightmares	
• Waking up tormented	
• Confusion	
• Fantasy thinking	

Physical Symptoms	
• Chronic Fatigue	
• Stress induced illnesses	
• Digestive Problems	
• Choking on food, water or swallowing difficulties	

• Jaw clenching	
• Frequent flus or colds	
• Aches and pain	
• Sleep problems	

Relational Symptoms	
• Snippy-short with others	
• Impatient	
• Non-trusting	
• Isolation, withdraw	

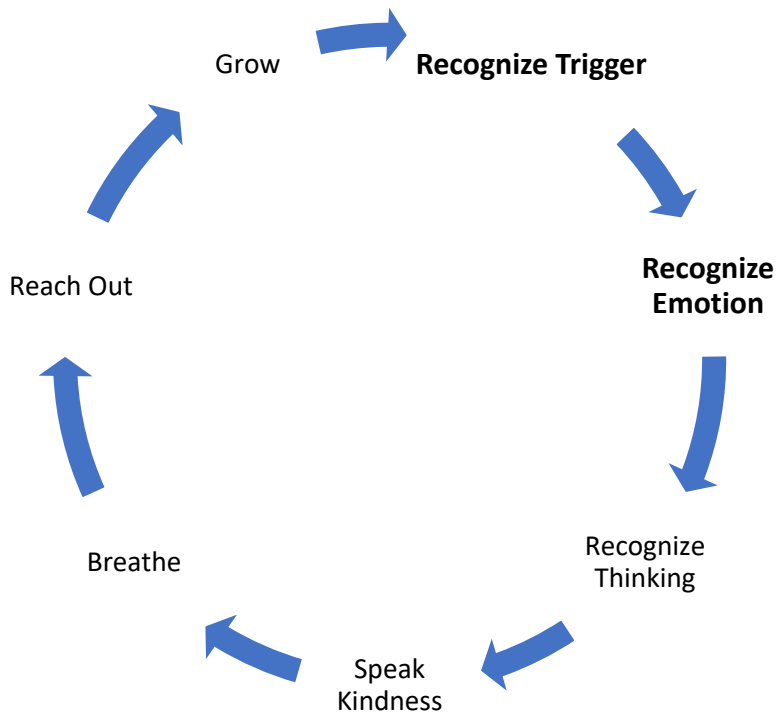
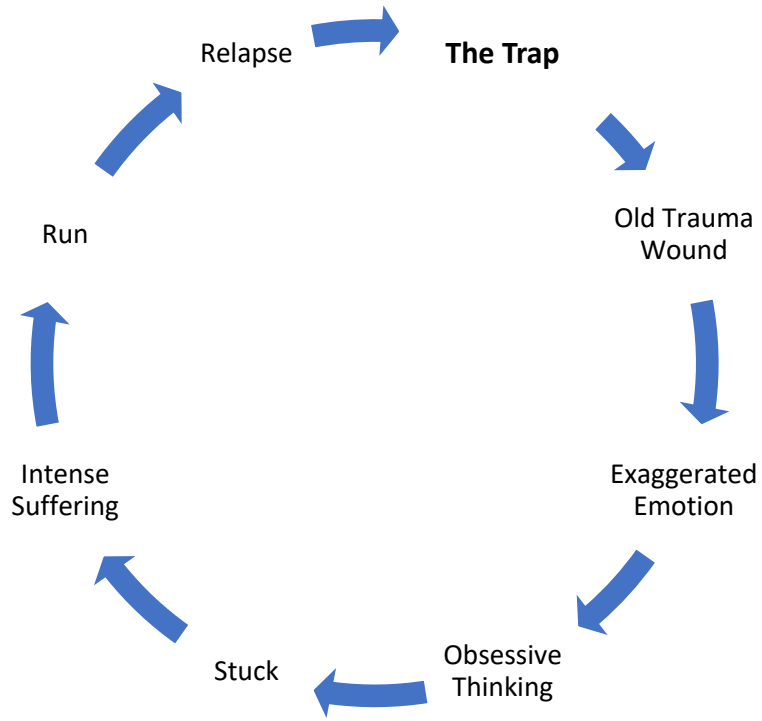
Dysfunctional Behaviors	
• Self-destructive behaviors (cutting, substance use)	
• Compulsive speech (complaining, grumbling)	
• Overreacting (Aggressive)	
• Under-reacting (Avoidant or Doormat)	
• Paranoia	
• Impulsive	
• Binge eating, television, games	
• Other dysfunctional self-comforting measures	

Exercise: Name your greatest symptom of anxiety and give that problem to the Lord and speak a kind word to someone else. If you find you are anxious over the circumstance you released to the Lord, examine the situation for a few minutes. If you cannot fix it, give it to the Lord again.

Anxiety weighs down the heart, but a kind word cheers it up. Proverbs 12:25

Application: Anxiety is not you; it is just an emotion. Emotions are not to be followed. They have no intelligence. Matthew 15:14 *Leave them, they are blind guides. If a blind man leads a blind man, both will fall into a pit.* **Repeat after me:** "Emotions are Blind!" Do not follow emotions.

Principle: Emotions are a trap. Wisdom is a gentle guide.



Conclusion: Recognize what someone said or did, what thought you thought, or what lie you believed that caused you to be out of balance emotionally and feel unstable. Wrestle your emotions to bring them under the control of your intelligent thinking to align with the **goals** you have established for yourself. For example: If a peer, boss or other authority triggers an old wound and you sense an exaggerated emotion, instantly **BE KIND**. This will give you time and space to process what just happened and then rebalance emotionally so you can grow and heal.

**The Lord is my Rock, and my fortress and my deliverer; my God,
my strength, in whom I trust... Psalm18:2**