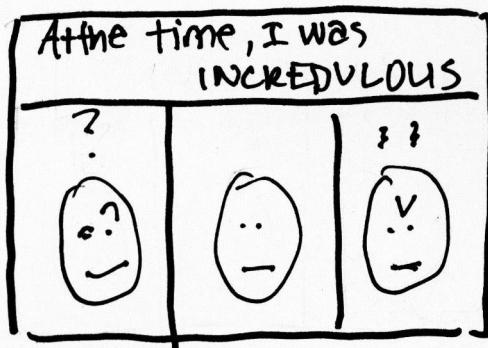


During my counseling for anxiety, my counselor told me something I didn't want to hear:

**you have to MAKE  
FRIENDS with your anxiety**



I didn't want to "MAKE FRIENDS" with my anxiety



KOCH

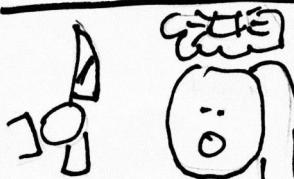
this is one way I started thinking about anxiety that helped me understand what my counselor was saying ...

I realized ...



our fear is an emotional response that keeps us SAFE

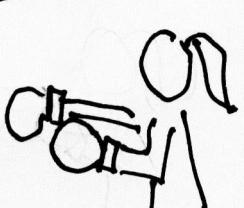
by warning us when we're in danger



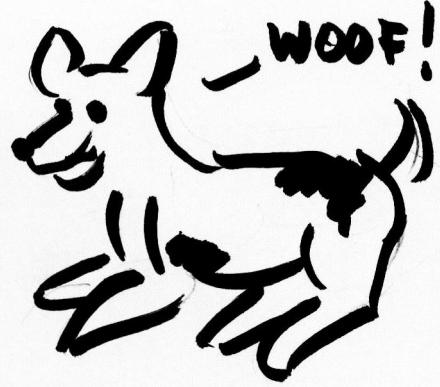
telling us to flee



or fight



in that way, a  
proper sense of fear  
is like a  
**GOOD WATCHDOG**



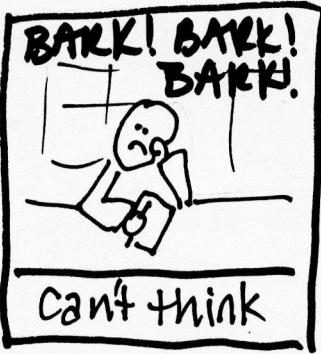
But for some of us, our watchdog is  
Not quite Right. It barks...



instead of a proper watch-dog, some of us have:

**CANXIETY**

there are lots of side effects to living with an anxiety dog



and those are just external! inside, we feel ...



we try to cope in different ways:



but in the end, it usually doesn't work:



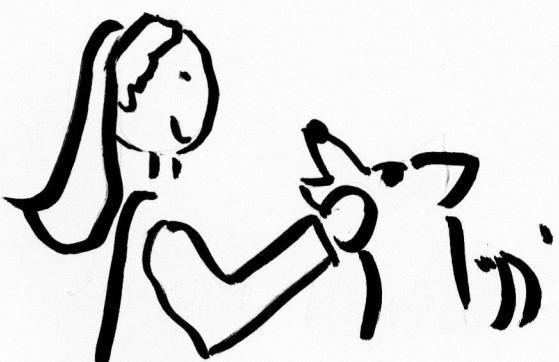
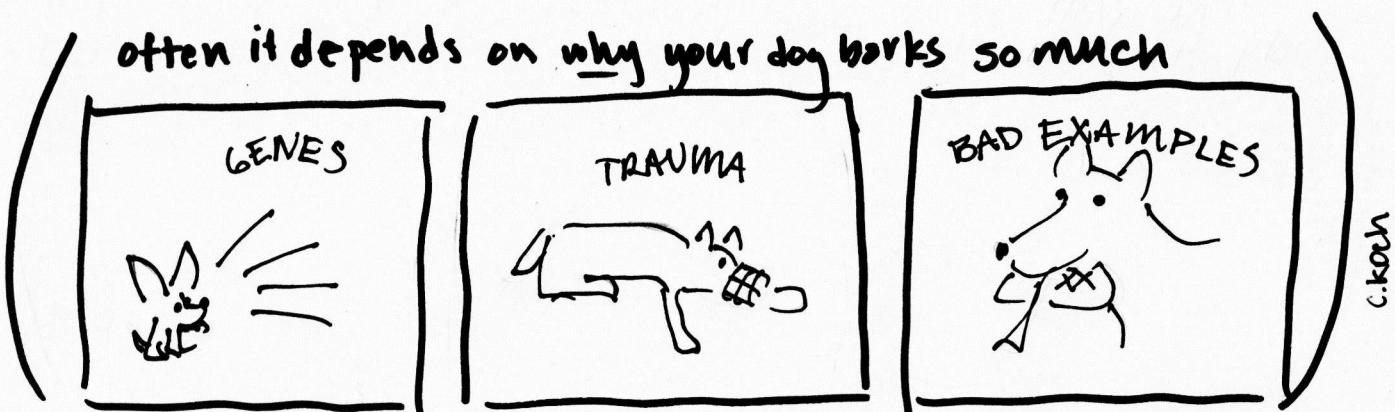
the dog. just. keeps. barking.

In this situation, it's a good idea to ask for help! Assistance (particularly from a professional) is like having a trainer come to your house to rehabilitate you + your dog.

That rehabilitation may take many forms:



often it depends on why your dog barks so much

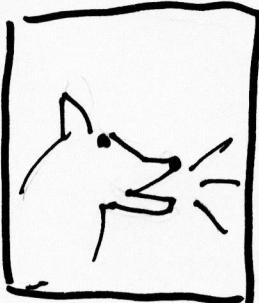


for me, rehabilitation has meant trying to understand my anxiety-dog. And to do that, I had to love my anxiety dog ... and myself. then I could listen + learn.

my counselor was right. To make progress, I had to make friends with my anxiety.

That's not to say it's all better. I still don't have  
a perfectly trained fear watchdog

my anxiety-dog  
STILL  
barks a lot



and I  
STILL get  
mad and  
frustrated.

... but I keep trying.

I keep telling myself  
the way forward is not fear, or hate



it's love.