

Responses to Anxiety

In this video, I'll go over how we normally respond to anxiety in our mind. Our mind tends to deal with anxiety in four ways:

1. Distraction
2. Control uncertainty via avoidance
3. Remove uncertainty via reassurance
4. Fighting the anxiety

As we begin to recognize our unhealthy patterns of coping with anxiety, it equips us with the ability to change our thinking. Remember, awareness precedes control. You have to catch your anxious thinking in the act, you have to notice the activity of the coping mechanism to change it.