

Reader Resource: Anxiety Self-Reflection

Making progress in your battle with anxiety has a lot to do with *self-awareness*. Where are you with your anxiety? Take the following self-reflection seriously and be candid. You're the only one looking. Use the "Explanation" column to record the specifics of your experience: how exactly does your anxiety feel? When does it crop up? When does it go away? You can jot down words and phrases to help you remember particulars. I've answered the first question as an example.

Question	Yes/No/ Sometimes	Explanation
My anxiety often prevents me from doing things I'd like to do.	<i>Sometimes</i>	<i>I've learned a lot over the last 12 years, but I still get freaked out by things like flying, traveling without my family, or speaking in public. I have ups and downs, but I haven't crashed in a while. I'm limited, but not paralyzed.</i>
My anxiety makes it difficult for me to perform basic daily functions.		
I have triggers for anxiety in certain situations.		
I have developed habits or tools that I use to deal with my anxiety.		
I feel that I'm understood by my family and friends when it comes to my anxiety.		
My goal is to eliminate my anxiety as soon as possible.		
I think a lot about why God might have put anxiety in my life.		
I agree that God sometimes crushes us to call us to himself.		