

# Anxiety Equation

Anxiety arises out of exaggerating danger and underestimating coping ability.

**Magnifying fears + + +**

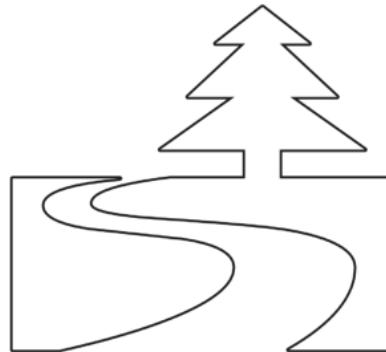
**Leads to increased anxiety**

**Minimizing coping - - -**

**Keeping it in perspective**

**Leads to decreased anxiety**

**Recognizing our resilience**



How can you reverse this equation to minimize fear and maximize coping? What part of this equation do you need to work on first?

- 1) **Top:** Minimize fear by making thoughts of danger more realistic.
  - a) Ask yourself: Is that a fear or a fact? What's exaggerated? Can I challenge it? Can I make it more realistic?
  - b) What are you saying or imagining that magnifies the fear?
  - c) What could you say to yourself to decrease the fear?
- 2) **Bottom:** Maximize coping by increasing coping resources.
  - a) Identify your internal and external coping resources, past and present.
  - b) Remind yourself that you have coped with other difficult situations.
  - c) Use coping statements, affirmations, problem solving, distracting, thought stopping, relaxation, assertiveness etc.

**Remember coping means finding a path through**