

Anxiety Equation

Anxiety arises out of exaggerating danger and underestimating coping ability.

Magnifying fears + + +

Minimizing coping - - -

Leads to increased anxiety

Keeping it in perspective

Recognizing our resilience

Leads to decreased anxiety



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