

Costs and Benefits of Anxiety

Check below to see what benefits anxiety has brought you and what it has cost you.

BENEFITS	COSTS
You do a great job at work. Your employer values your commitment and attention to detail.	You are always worrying whether you did things right. You may take work home with you. You are too busy to spend time with family.
You do everything you can to please people. People talk about how kind, helpful, and generous you are.	People start to take advantage of you. People stop appreciating your efforts so you have to try harder to please them. No one seems to think your needs are important. You feel resentful.
You are very careful. You catch things when they start to go wrong so that you can head off bigger problems.	You get stressed if the least little thing goes wrong. You over plan which takes the fun out of events. You are constantly on guard and can't relax.
You do a thorough job with everything. People know they can rely on you to do everything well.	You are so afraid of making a mistake that you do things over and over which makes you less productive. You procrastinate because you don't think you can do the task perfectly.
You are very organized and orderly and other people value this about you.	You feel constantly stressed and overwhelmed. You are tough to live with because you try to make everyone else be as organized as you.

- Your first task in limiting anxiety is to recognize what it costs you and others in your life. The goal is to balance the benefits and costs so that you keep some of the benefits and don't pay such a heavy price.
- Anxiety may increase for a bit as you start to tackle it, but with practice it will decrease over time. Come back to this page to remember that you are already paying too high a price for your anxiety.
- Reducing anxiety will get you feeling more relaxed and you'll be able to have more fun. Other people will be more comfortable around you. It is worth your effort to limit anxiety and not let it run (and ruin) your life.