

SIX WAYS TO REASON AWAY ANXIOUS THOUGHTS

- 1. Identify the anxiety.** When we take time to just be with our anxiety without judging it, we begin to identify what, specifically, it is that is causing it.
- 2. Break anxiety apart.** Break it up into more manageable bits. Ask yourself as many questions as you can about your anxiety.
- 3. Consider what can be done.** Brainstorm as many problem-solving ideas as you can.
- 4. Determine if you actually want to do something.** The choice not to act is still a decision and is still a form of action and control.
- 5. Decide to take action or not.** Either decision, to act or not to act, is fine. It's knowing what you want that will help you determine a course of action.
- 6. Be at peace with your decision.** One of anxiety's common tricks is to make us second-guess ourselves. When this happens return to step one.