



# Tracing Anxious Responses

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Purpose: Better understand how you respond and relate to worry.

## Anxiety Exercise #2

Think of the most recent time you became anxious or worried. Recall that incident and go through the following questions.

- 1) What were you anxious about? Describe the situation.
- 2) What were the symptoms and consequences from being anxious?
  - a) Physical
  - b) Emotional
  - c) Spiritual
- 3) Were there any relationships affected from your worry? If so, how and were they healed?
- 4) What did you doubt about God or His ways during your worrisome time?
- 5) What promises of God would have helped you if you remembered or believed them?
- 6) Write down one or two related Bible verses that remind you of the truths about the Lord's involvement in your life in this worrisome area.
- 7) What helped you to find the peace of God about that situation.
- 8) What have you learned so that you can better handle the temptation to prevent yourself from worrying the next time around?