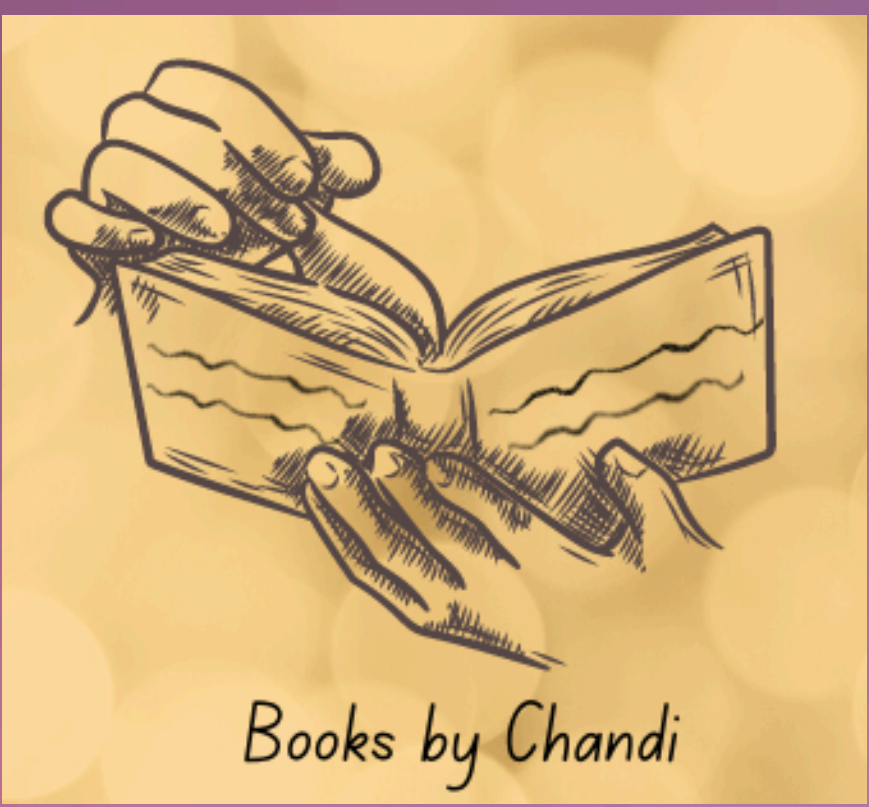




There is More to Anxiety:

What you haven't been told

Should

the unknown

overthinking



Books by Chandi at healingspaces4u.com

INTRO

As a therapist I sit with many people who are in deep pain and highly anxious. The Anxiety seems to hijack their systems and they do not know what to do. When the anxiety is not intense, my clients often think that overthinking, imagining worst case scenarios, focusing on the past and future are naturally how they think. If I had a penny for how many times I've heard, "It's just how I am."



Anxiety

Well... I am here to tell you that Anxiety can manifest in less obvious ways. I want you to be able to name what is happening for you, identify how Anxiety can play out in your everyday life, in your romantic relationships, and what you can do to both live with it and relieve it. I want you to have a healing space to go to when your friends and family are not around or are busy with life or simply do not understand. I have written this e-book with short one page or less Chapters in hopes that you may find a brief, fuller understanding of what Anxiety is, how it can manifest, and tools to manage it.

Chapter 1

There is more to Anxiety...

Below you will find 11 experiences of Anxiety that don't get much air time:

1. **Anxiety** = Loss of Faith. It means you have lost trust that things will be ok.
2. **Anxiety** = Body pain, migraines, stomach upset, allergies, even fibromyalgia
3. **Anxiety** = Checking out from your body. You feel like things aren't real or you feel numb, scattered, overwhelmed, or can't organize.



Chapter 2

4.

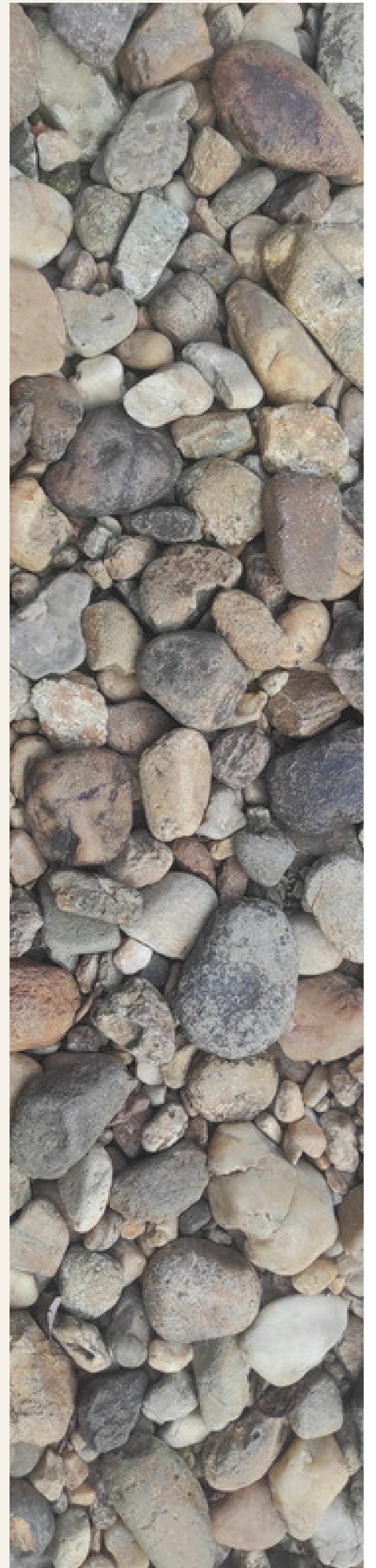
Anxiety = Anger or irritability. Worry that things will go the most wrong would make anyone edgy. Sometimes the Anxiety gets missed and what you feel or what others see is Anger.

5.

Anxiety = “Writing Scripts”, I came up with this term to describe times when we’ve decided what is happening before it has. Like when we tell ourselves that they’ll never call, they hate us, or have been eaten by sharks. None of this has happened yet we wrote the script and are now having the emotions and reactions as if it has already happened. Yep, that’s likely Anxiety.

6.

Anxiety = Placing barriers between you and what you want, finding so many reasons for why things will not work out. “I don’t want to get my hopes up.”



Chapter 3

7.

Anxiety = needing resolution, high discomfort for loose ends. You don't feel rested until the final task has been completed. You feel overwhelmed until perfection is obtained.

8.

Anxiety = Overthinking. Working things out in your head over and over. Sometimes this means judging self or others. When you find yourself judging others or overthinking, notice that it may be a way you are trying to feel safe.

9.

Anxiety = Being in the future. You miss what is going on right in front of you because you are worrying about the future. The future is not here yet. The present is. Read "The Power of Now" by Eckhart Tolle available on YouTube and as an audio book.



10.

Anxiety = Avoidance. Running away from issues due to the discomfort of worry that they will not work out or get better.

Feeling high activation in your body that causes you to focus mainly on making it go away. You lack the belief that you can withstand and overcome the challenge.

11.

Anxiety = Perfectionism. Needing order to the point that you lose your composure and feel out of control due to things being in disarray. You yell at family members, slam the dishes.

Often Anxiety makes our expectations high, maybe too high. What does the feeling of things not being the way we expect feel like? Scary? Irritating? There is also a version of Anxiety called OCD – Obsessive Compulsive Disorder. You can find more about OCD by following these links:

<https://wellmindtc.com/ocd-beyond-handwashing-understanding-the-disorder-fully/>

<https://www.instagram.com/reel/DOZrNqjiZqR/?hl=en>

Chapter 5

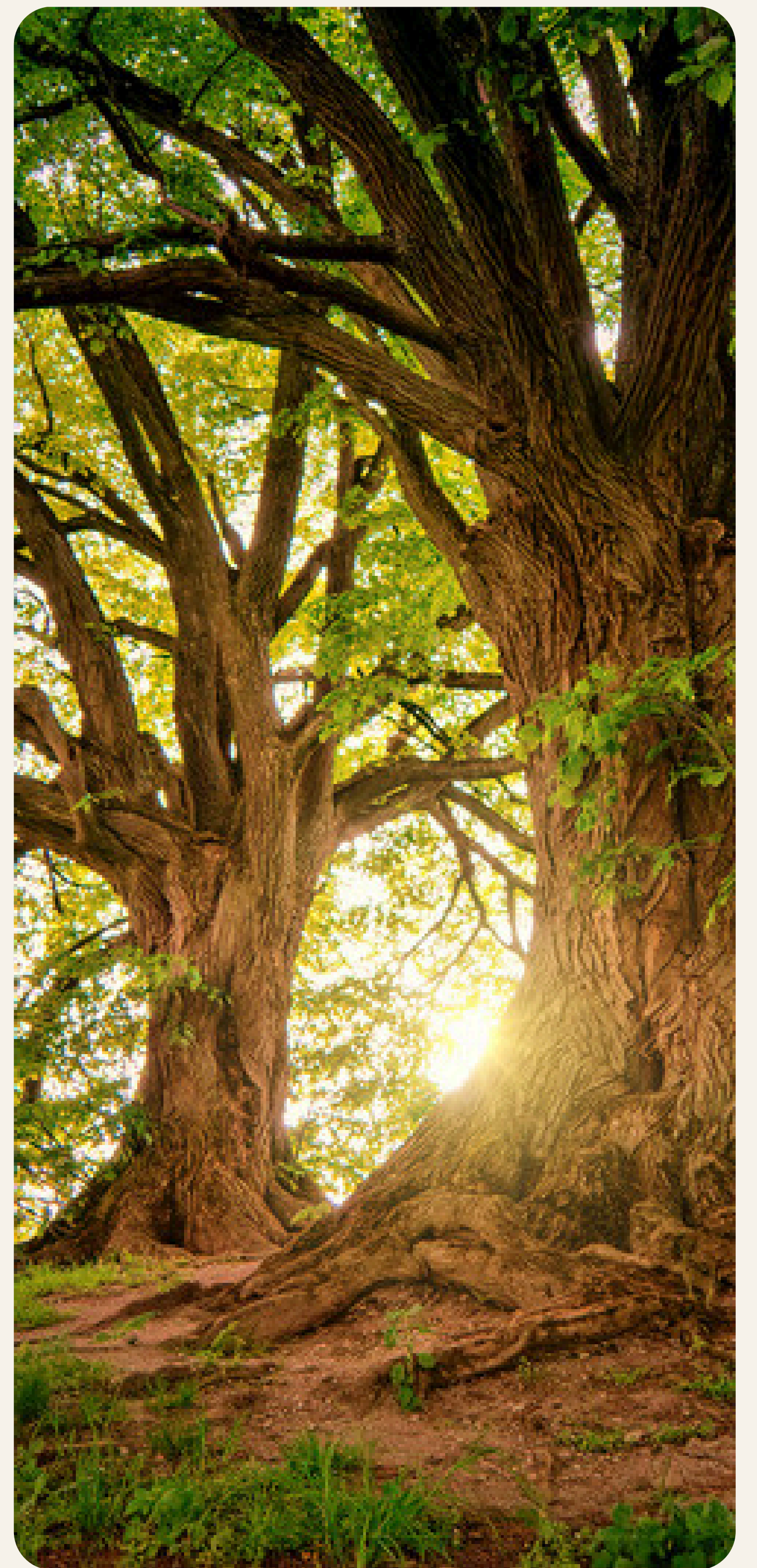
*Anxiety can be
Inherited*

IT MIGHT BE INHERITED

ANXIETY often runs in families. It is not your fault that you have it any more than it is your fault that you have the family history of diabetes or hypertension.

So if you are wondering where this came from, it is the experiences and possibly, the chemistry of our ancestors. So when you are seeking therapy, calm and FREEDOM, remember that you are healing not just for yourself but for your ancestors as well as for future generations.

*You can find concrete examples of the tools mentioned in Chapter 7 (What Helps?).



Chapter 6



THE DATING SNOWBALL

They haven't called after our date. The manufactured, torturous snowball rolling down the hill sounds something like, "They are not interested in me. They are probably out with someone else and having more fun. This always happens to me. I will never find anyone. I am going to be single and lonely forever. I won't be able to have kids, or live in my dream home..." Ah, but then...the phone chirps. It's a text from them asking if you'd like to go to Open Mic at the comedy club on Friday night.



Sure, doubts can surface when meeting someone new. However, the script we manufactured was experienced as real when 1. It had not actually happened 2. There was a leap from a quiet phone to never marrying or having children. And 3. They texted and asked for another date. So, we experienced torture solely based on what we told ourselves would or would not happen. Sometimes they end up not texting. What about that, Ms. Smarty Pants, Author?! Ok, good point! It may and will likely happen that way at some point in our lives. So I say....one more reason to learn how to not manufacture torture...Wink. We get enough torture in our lives.

Freedom

Chapter 7



What Helps?

1. **Remain in the PRESENT.** Ask yourself, “What is true right now or what do I know right now, not in the past, not in the future. In this second?” Notice 5 items in the space you are currently in. See their texture, color, shape. Notice if you can feel a state change where your body feels less tense. It may not work initially. It is ok. I am encouraging you to keep the practice. You will learn how to notice the NOW and feel calmer.
2. **Engage RADICAL ACCEPTANCE.**
<https://psychcentral.com/blog/what-it-really-means-to-practice-radical-acceptance> “IT is what it IS”
3. **Use your 5 SENSES.** Wiggle your toes. Sounds silly but it is a technique used to put you in your body and in the NOW. The present is all there is. See the green grass, hear the birds chirping, smell the lavender, taste berries, pet the dog. Even if they didn’t text, the grass is still green, the birds are still chirping, lavender still smells amazing, berries are still yummy, the dog still loves you and IS here with YOU.
4. **Find a GURU to follow.** Maya Angelou. Oprah. Abraham Hicks. Eckhart Tolle. bell hooks. Byron Katie. Brené Brown. Check YouTube, Instagram or TikTok. Try AI. I am positive you will find someone with whom you resonate. A one-hour therapy session is great but the experience can be deepened with a supportive practice and exposure to the opposite of what your anxious brain is telling you.
5. **BREATHE.** Try Alternate Nostril breathing
<https://youtu.be/mqS9wRMWIS4> Or the Wim Hof Method
<https://youtu.be/nzCaZQqAs9I>



Chapter 8



Imagine

Worst Case Scenario

It seems counterintuitive that imagining the worst case scenario or your worst fear is a way to manage Anxiety. Somehow it can help. You will know if it does. It could be called containment. Once you have imagined the worst, you get a sense of knowing, which can be calming. Don't believe me? Try it! Please try several layers of this practice. Sometimes it takes a few passes to feel the relief.

Don't be surprised if it is surprising and feels counterintuitive. The paradoxes of life can be therapeutic. For example, trying hard to get people to like you usually ends up in the opposite, and you feeling worse about yourself. The idea of spending money to make money or resting to obtain prosperity are paradoxes. What if they work or help?

Chapter 9

Be the SCIENTIST

Lab beaker

Test tube

Shaker

Hypothesis tester

Game changer



Lab

Test it Out

EXPERIMENT with the right "dosing". You want the exposure that is a bit challenging yet not overwhelming. Before you feel like you have to commit to trying something, consider it as an experiment. Try it out in the petri dish of your therapist's office or while lying in bed just before the alarm goes off.

Against MEDICATION are you? Well, I recommend getting curious about it. It might help. If you decide to try it, you can talk with your prescriber about whether it's helping.

Like yoga? not HOT? ONLY HOT? IN YOUR ROOM? AT THE STUDIO? Interested in Meditation?

<https://mindworks.org/blog/5-best-places-for-meditation/> Want to join a Dharma session? Or watch one from Home? <https://www.portlandinsight.org/>.



.....START SLOWLY

Chapter 10: THE 6th SENSE

<https://highlysensitiverefuge.com/poem-highly-sensitive-people-leah-cox/>

For those of you who are **HIGHLY SENSITIVE**, feel emotions deeply, live with chronic pain, and see what others do not..., I encourage you to validate this within yourself. Seek refuge. Spend time in nature with a Blue Heron at the River. See the sun's rays sparkle on the River as if it is dancing its way to you. Hug yourself. Find quiet, solitude, a place to replenish. Say, NO more often, even if it feels uncomfortable. LISTEN to music. Listen to SILENCE. Meditate. Bathe in WATER. And if you are lucky enough to have a partner who gets it, HUG them, LAUGH with them, take refuge in their outstretched arms and know that you are NOT ALONE.

Since you found this book on my therapy page, we may find ourselves in the therapy room together. If that happens, I hope that we can work together to support you in finding peace. <https://youtu.be/bIJZQAr9nQo> I look forward to connecting in our healing space together. I hope that you will feel free to use the peace and our connection outside of the therapy office whenever you are feeling anxious, ungrounded, lacking in faith, in body pain, out of love, or in need of connection.



Exercise

Anxiety Coping Exercise



*“Out of the Worst Fear
Came the Greatest Burst of Creativity”.*
-Chandi-



Can you identify a time in your life when the above quote was true? Is it true now? When did you notice the shift from fear to creativity? What helped you along the way? You can write this on the lines down below.

*If you enjoy Vision Boards, that can be a great way to chronicle your journey as well.

<https://www.talentedladiesclub.com/articles/six-steps-to-creating-a-powerful-vision-board/>



Conclusion and Next Steps

A JOURNEY rather than an END...

*START at the unknown, scary, and overwhelming. GIVE fear its just due. GROUND until you feel the EARTH beneath your feet. Contain. Invite your SPIRITUALITY into your core. Use the 5 SENSES....then TIP TOE into imagining the worst case scenario. NOW sit in the Present. 💜 ALLOW your full Presence in the now 💚, Focused, full, CONSCIOUS.

*Thank you for allowing me to share Healing Space with you. Please check out more e-books and audio meditations designed to supplement your healing journey by going to the "Free Resources" page at www.healingspaces4u.com.



I look forward to sharing
HEALING SPACE with you.

Sarita E. Trawick, LCSW

Thank you!



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