

## STEP ONE: NAME IT

Name one thing you are worried about.

Your anxiety may seem free floating and unidentifiable, but it's really not.

Try a stream of consciousness exercise and for two minutes write down everything that has ever frightened you or made you anxious.

Now pick one thing. Just one. Write it down. On paper. Own it.

When we can name our fears, we can overcome them.

## STEP TWO: SIT THERE

Don't just do something, sit there.

Sit with your fear.

Don't berate yourself for not being brave enough or faithful enough or strong enough.

Just sit with your fear. It's okay to be afraid.

As you sit with your fear, visualize Jesus sitting there with you. We never have to deal with our fears alone. God is always with us.

CRUSHING  
YOUR  
FEARS  
REQUIRES  
YOU TO SIT  
WITH  
UNCOMFORTABLE  
FEELINGS.

## STEP THREE (A): IF/THEN

Play the if/then game with your fear.

If your fear is realized, then what?

What is the worst thing that could happen?

If that happens, then what?

Keep playing the if/then game and see what that reveals about what you're really afraid of.

At each stage, question the authenticity of your "then" and see if you're being honest about it.

# DEALING WITH FREE FLOATING ANXIETY

For instance, maybe you're worried about losing your job

If I lose my job, I won't get a paycheck.

If I don't get a paycheck, I can't pay my mortgage.

If I can't pay my mortgage, I'll be homeless.

*I'm afraid I'm going to be homeless.*

## **STEP THREE (B)**

Fact check your "what if" statements:

Will you *really* become homeless if you lose your job?

If I lose my job, I won't get a paycheck.

- Perhaps there will be severance

If I don't get a paycheck, I can't pay my mortgage.

- I have savings to pay mortgage for two more months.
- I can stop cable, subscriptions, eating out, etc,
- I am highly skilled and can find job in my field
- I am willing to do any kind of job if I need to.

If I can't pay my mortgage, I'll be homeless

- I have friends and family I can stay with.
- I can sell my house and move to an apartment.

So if/then becomes: if I lose my job, I'll need to cut expenses and look for a new position. Or: if I lose my job, I can make other living arrangements.

**SOURCE:**

[www.doubtingbeliever.com](http://www.doubtingbeliever.com)

# DEALING WITH FREE FLOATING ANXIETY

## STEP FOUR

One day at a time. One fear at a time.

Stick with today's fear.

If our day is consumed with what might happen tomorrow, we lose focus on dealing with the problems of today and risk missing all the joys it has to offer.

*Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.  
(Matthew 6:34).*

If we try to address all our fears at once, we become overwhelmed and buy into the lie that our fears are greater than our faith.

*“The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?”  
(Psalm 27:1)*

If there's more fear to address or some anxiety floating around in your head that you still can't identify, try this exercise tomorrow...or the next day.