

Developing a Non-Anxious Life
Choosing Reality
October 8, 2023
Fireside Room
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Why this Class? and Class Outline

Class Resource: Dr. John Delony, "Building a Non-Anxious Life," Ramsey Press, 2023

The Cup Example- it is good to build _____ in your life.

Verse of the Day: "Cast all of your anxieties upon Jesus because He cares for you" (1 Peter 5:7).

Anxious Observations:

1. Anxiety is "the feeling of _____, nervousness, or unease typically about an imminent event or something with an uncertain outcome."
2. From a psychiatric point of view, anxiety is "a mental condition characterized by excessive apprehensiveness about real or perceived _____, typically leading to avoidance behaviors and often to physical heart rate and muscle tension."
3. A recent survey indicates that _____ percent of people struggle with anxiety.
4. Anxiety is an _____ system within our body that alerts us to something that is wrong in our body or life. It's like a warning light on your car or a smoke alarm in your house.
5. According to neuroscientist Dr. Wendy Suzuki, anxiety can be a _____ thing.

Five Anxious Inaccuracies:

1. Those who trust in _____ don't deal with anxiety.
2. Anxiety is only found in _____ people.
3. Those who seek help are _____.
4. Only _____-income people struggle with anxiety.
5. More _____ and more possessions will help you become less anxious.

Common Indicators of Anxiety:

1. Heart racing
2. Dizziness
3. Fatigue/insomnia
4. Difficulty concentrating
5. Negative effects on work/school
6. Headaches
7. Breathing problems
8. Digestive issues/nausea
9. Depression/feelings of worthlessness
10. Substance abuse

The First Daily Choice: Choosing Reality

Reality is your _____ line for charting a new course.

Questions to Consider When Choosing Reality

1. What is my anxiety trying to _____ my body?
2. Is it a _____ threat or a perceived threat?
 - a. _____ are your friends.
 - b. F.E.A.R.- _____ **Evidence Appearing Real**
 - c. Don't fall victim to W.C.S.: _____ case scenario.
 - d. You can either choose the _____ side or the light side. Go light!
3. What _____ can I begin to take to make things better?
4. Am I willing to take the _____ step?
5. Should I seek professional _____?

Questions and Comments