

# TALK IT OVER

Triggered

## BOTTOM LINE

To be human is to experience anxiety.

## CONVERSATION STARTER

What is one thing that has been a source of anxiety that you have/are working to overcome? (fear of rollercoasters, flying, etc.)

## THINGS TO CONSIDER

*What did you hear?*

*What do you think?*

*What will you do?*

## RESOURCES

- The Daily: [newpointe.org/thedaily](https://newpointe.org/thedaily)
- [What happens when you learn to sit with your anxiety?](#) By Dr. Henry Cloud (17 min.)

## KEY VERSES AND QUOTES

*Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.*  
Matthew 6:34 MSG

*This is how we know that we belong to the truth, and how our hearts are at rest in his presence: if our hearts condemn us, we know that God is greater than our hearts, and he knows everything.* 1 John 3:19-20 NIV

"Anxiety is not based on truth. It's based on assumptions – false expectations, false needs, and false beliefs." – Steve Cuss

"Chronic anxiety is trying to make you something that you were never designed to be and that is God." – Steve Cuss

## TALK IT OVER

There are four kinds of anxiety. **General anxiety disorders** are uncontrolled, exaggerated, and sometimes debilitating. Doctors, counselors, and medication are very helpful. **Acute anxiety** is short term and treatable over a short period of time. **Grief** is profound sorrow caused by disappointment and loss. **Chronic anxiety** is a long-term perceived threat. Which have you experienced? What false assumptions make you anxious? There are five expectations that most frequently cause chronic anxiety: **control, perfectionism, knowing the answer, being there for people, and approval.** Where do you struggle most often? Explain what triggers you. These cause anxiety because they are characteristics of God we can never consistently achieve. How can we defuse each of these beliefs? What is the truth we can tell ourselves in each false belief? God is perfect, so I don't have to be. How do you respond to that statement? Why? What message does your inner critic tell you? My inner critic negates God's grace and approval. How do I discern between my inner critic and the Holy Spirit? The story we tell ourselves determines how we treat ourselves. What story am I telling myself today? My inner critic is an unhealthy voice of self-protection. How do you find that to be true? God's view of you is greater than your view. What are words for how He sees you? What are ways I can practically "cast all my anxiety on him because he cares for me?" (1 Peter 5:7).

## ACTION STEPS

I will choose at least two ways to daily, practically relieve my anxiety. I will write and daily recite a verse or affirmation about how God sees me and approves of me.