

Looking At The Situation of Being Anxious About:  
Anxiety Triggers,<sup>1</sup> Current Anxiety, Future Anxiety, or Future Panic Attacks<sup>2</sup>

*This experience of anxiety is...*

**Anxiety based on memories (or current experiences), specifically unpleasant memories (or experiences)**

*Actually ...*

*What makes these memories of the past a problem for the present?*

**Anxiety based on unpleasant memories that I'm concerned could happen again (or continue occurring)**

*Which is actually...*

*Memories of what?*

**Anxiety based on unpleasant memories of what I did<sup>3</sup> that I'm concerned could happen again.**

*Which is actually...*

**Lack of confidence that I'll respond rightly in the future.**

*Which is actually...*

**Lack of confidence in me.**

*Which is actually...*

**A good thing. Matches up with reality – as seen in my own experience and the truth of God's Word.**

*...Which I can respond to in one of 3 ways:*

1) **Upward Brokenness**: Humility & godly sorrow. "I see that I don't have what it takes to live my life (God, I'm weak. God, I can't") and so I depend on the One who does. I have hope, the attitude of Psalm 61:2-3.

2) **Downward Brokenness**: Disappointment in self: I'm not as strong as I thought. Worldly sorrow. Pity-party: I want encouragement, attention, and sympathy without any exhortation, challenge, or correction. Discouraged, perhaps progressing to depressed.

3) **Resistance with Fear**. I *want* confidence in me! I can do this on my own, on my own strength. I will provide my solution/answers. Scared to give up control, because the unknown could happen. The unknown could be hard, the unknown could be the worst possible scenario. What if God let that happen? (God's provision/promises not in view). I want to avoid the difficult unknown – I've already been through enough suffering, I want a quick/easy solution. I want to avoid any additional suffering that might come from letting up on control, and I am more comfortable with the known, normal level anxiety-produced discomfort.

1 Any experience of feelings/reminders of past anxiety (hunger, aloneness, certain places, tiredness/fatigue, etc.).

2 Panic attacks often increase (not relieve) anxiety, because the person becomes fearful another occurring.

3 My panicked response, my self-hurting worry. Usually remembered as a negative situation of anxiety rather than me running my own mind wild.