

# MIND MAPS



## PART 1

### Breaking Free from the Anxiety and Worry Mind Trap

In order to break free from a mind trap, we need to adopt a new mindset. Our thoughts can become patterns of thinking similar to streams that carry water down a mountain. To create a new way of thinking, we have to chart a new course.

#### EVALUATING WHERE YOU ARE

Plan for time when you are free of distractions and can consider the answer to these questions:

- In what areas of your life do you experience repetitive worry that leads to anxiety?
- Can you identify ways you may be experiencing the spiral effect of anxiety?
- Worry involves fearful thoughts. Complete the sentence, I'm afraid of... Here are some examples:
  - I'm afraid... of experiencing loss.
  - I'm afraid... of not knowing what to do.
  - I'm afraid... of being unloved.

#### CREATING A NEW MIND MAP

##### **Step 1: Catch the Spiral Early.**

*Act like a reporter with your worry.*

- What are your early symptoms?
  
- When do you worry the most?
  
- Where do you tend to worry most?

##### **Step 2: Guard Your Mind.**

*Create a better but believable truth you can tell yourself.*

- Consider a recent worry. Rather than the worst case scenario, what best case scenario can you speak to yourself?

### **Step 3: Face it with God.**

*Face your fears with God.*

- Make a plan to process your fearful thoughts with God by creating a rhythm of focused prayer as part of your daily schedule.

### **Step 4: Ask for Help.**

*Be willing to go to other people for help.*

- We'd love to help connect you with a vetted, licensed counselor:  
[counselingreferrals.org](https://www.counselingreferrals.org)

## **MOVING FORWARD**

*The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. — Philippians 4:5–7*

## **ADDITIONAL RESOURCES**

### **For Adults:**

The Anxiety, Worry & Depression Workbook: 65 Exercises, Worksheets & Tips to Let Go and Feel Better, Jennifer L. Abel, PhD. (<https://www.amazon.com/Anxiety-Worry-Depression-Workbook-Worksheets/dp/1683731093/>)

### **For Parents:**

*“Signs of Anxiety and Depression in Kids,” Dr. Chinwe Williams*

<https://www.youtube.com/watch?v=hixhkYSXWpo>