

Anxiety Within Me & Those I Lead

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Discussion Questions:

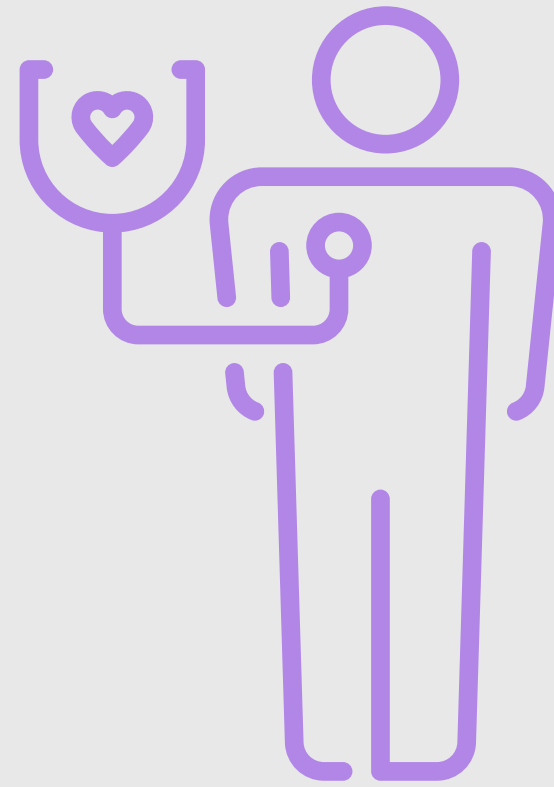
1. How have you experienced anxiety?
 - a. Emotions
 - b. Physical
 - c. Behaviors
2. How has anxiety affected daily functioning, including work, relationships, and physical health?
3. Have you experienced any of the Four Spaces of Anxiety recently?
 - The space inside you
 - The space between you & others
 - The space inside another
 - The space between others

HOW ANXIETY SHOWS UP



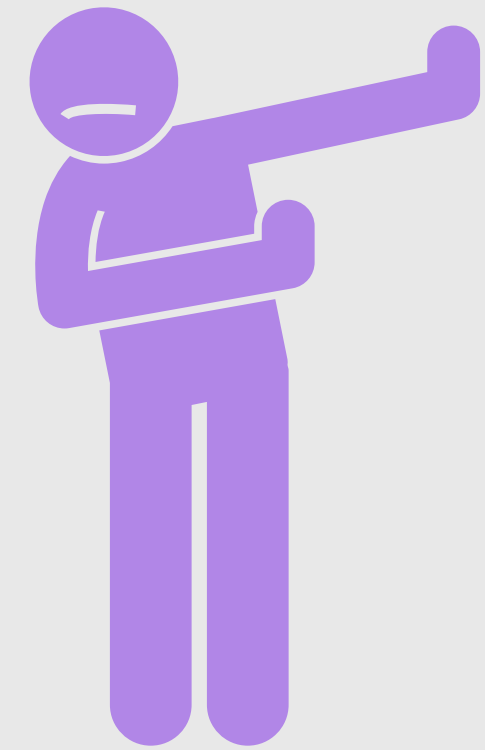
EMOTIONS

apprehension
dread
irritability
restlessness



PHYSICAL

racing heart
spinning mind
grouchy gut
tense muscles



BEHAVIORS

avoidant
compulsive
procrastinate
need validation

THE SPACE
INSIDE YOU

- What triggers you?
- What types of people or situations irritate you?
- What assumptions do you have of yourself that are unrealistic?
- Anxiety management begins with paying attention to what's happening inside of me.

THE SPACE
INSIDE
ANOTHER

- I think that you think...
- Mind reading
- Assumptions
- You're thinking what someone else is thinking about ("strategy")
- You cannot worry another person into change, and thinking about what "they" are thinking about cannot produce peace (Cuss, 2019)

THE SPACE
BETWEEN
YOU & OTHERS

- Anxiety can be contagious "catch & spread"
- 5 Senses (pheromones)
- Are there patterns of anxiety that predictably occur?
- Fixer
- People Pleasing

THE SPACE
BETWEEN
OTHERS

- This space may already exist before you walk into the room.
- Or, the atmosphere changes when you enter the room.
- Remember you can be the "thermostat" & change the room temperature!