

# FREEDOM THOUGHTS: ANXIETY

These Freedom Thoughts are designed as suggestions for you to consider. Please feel free to ignore any that you feel do not apply. It is helpful to highlight the ones that stand out to you and read them regularly until they become your new thoughts of freedom.

- Fear doesn't know the future, it just knows what it is afraid of.
- I will cope with the future when I get there. I coped last time and I will cope again this time.
- I don't need to predict what to be anxious about, I will cope with the future when I get there.
- Fearing the future is using up tomorrow's energy today.
- I have enough emotional energy for today and that is enough.
- The future will always be a mixture of good and bad.
- Anxiety says "it might happen" and "what if."
- Anxiety triggers flight or fight and produces adrenalin.
- Adrenalin will not harm me, so there is no need to give it my attention.
- Fight or flight is needed in the sight of danger, but where is the danger right now?
- The fire alarm is faulty.
- Nothing is really wrong right now.
- My feelings may be lying to me.
- The task is to discredit the feeling, rather than becoming alarmed.
- Yes, it feels dangerous—but that doesn't mean it is.
- Negative forecasting is just practising being anxious.
- Preparing for a negative outcome isn't comforting me. It does not equip, only scares me.
- My anxious feelings are not the invitation to indulge.
- I don't need a super-power of adrenaline because there is no danger.
- I need to teach my limbic brain (emotional brain) that nothing bad is happening right now.
- I believe anxiety is my friend because it keeps me on high alert to avoid 'danger.'
- The 'danger' is an illusion—therefore anxiety is no longer needed.
- Anxiety is not my friend. It is a traitor who makes my life worse.
- Feeling out of control does not mean I am in danger.
- I can simply do the best I can in every given moment and that is enough.
- Without empathy, feelings get louder.
- Self-compassion is the cornerstone to recovery.
- I can give myself permission to be at peace and to be well.