

**THE POTTER'S WHEEL
THERAPY & COUNSELING SERVICES**

Michelle H Jones, MSW, LISW-CP

(843) - 572 - 0877

Understanding Anxiety and Worry

Anxiety can be characterized as a sense of dread or threat, often without any concrete evidence to support the feelings. It is a combination of cognitive, emotional and overt actions in reaction to some perceived future event, and believing it will occur in the worst possible way. The focus is often on some concern about personal performance that will result in failure, humiliation or embarrassment. Although it is normal to worry about performance or other situations, the worry can be managed. Anxiety can be intrusive, difficult to suspend, and effects daily living.

Anxiety ignores other possibilities or potentials, and suspends faith and trust. It forces its believer into reactivity, catastrophizing, black and white thinking, which negates evidence for rational appraisals.

Emotional Symptoms

- Tense/stressed*
- General irritability*
- A sense of numbness*
- Distraught*
- Foreboding*
- Anguish*
- Apprehension*
- Distress*
- Dread*
- Embarrassment*
- A sense of detachment from others*
- Impatience*
- Trepidation*
- Jitteriness*
- Excessive and unmanageable anxiety and worry triggered by everyday activities, responsibilities, concerns and/or interactions*
- Excessive and unmanageable anxiety and worry related to a medicinal condition*
- Excessive and unmanageable anxiety/worry that impairs general or specific functioning and is maladaptive to a specific and stressful personal, interpersonal or environmental condition or event*

OFFICE LOCATIONS

130 East 2nd North St
Summerville, SC

101 Rigby St
Reevesville, SC

1004 Anna Knapp Blvd Suite 2
Mt Pleasant, SC

2239 State Park Rd
Santee, SC

...we are the clay, You our Potter, and we all are the work of Your hand. Isaiah 64:8 (AMP)

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___ Experiences a constant and unmanageable anxiety/worry and a state of fear of a specific condition or situation, such as:

___ Abandonment

___ Contamination

___ Re-experiencing a trauma event

___ A recent traumatic event

___ Significant Weight gain

___ Significant weight loss

___ Fear of a specific medical condition(s)

___ Fear of a specific, though not necessarily a typical everyday object, situation, interaction

___ Sudden feelings of anxiety/worry and fear without apparent triggers

___ Fear of dying

___ Fear of losing personal control and /or being publicly embarrassed which lead to avoidance of these situations, objects, and interactions

___ Depression mixed with Anxiety

___ Confusion

___ Feeling on "edge" or restless

___ Wrung out/drained

___ Erroneous or exaggerated feelings of

___ Guilt

___ Shame

___ Inferiority

___ Helplessness

___ Hopelessness

****Information taken from the American Association of Christian Counselors Treatment Planner**

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