

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 such as:

- | | | |
|------------------------------------------------------------|-----------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> Tense/stressed | <input type="checkbox"/> Apprehension | <input type="checkbox"/> Jitteriness |
| <input type="checkbox"/> Confusion | <input type="checkbox"/> General irritability | <input type="checkbox"/> A sense of numbness |
| <input type="checkbox"/> Foreboding | <input type="checkbox"/> Distraught | <input type="checkbox"/> Impatience |
| <input type="checkbox"/> Trepidation | <input type="checkbox"/> Anguish | <input type="checkbox"/> Distress |
| <input type="checkbox"/> Depression mixed with Anxiety | | <input type="checkbox"/> Embarrassment |
| <input type="checkbox"/> Dread | | <input type="checkbox"/> Wrung out/drained |
| <input type="checkbox"/> A sense of detachment from others | | <input type="checkbox"/> Feeling on "edge" or restless |

Excessive and unmanageable anxiety and worry triggered by everyday activities, responsibilities, concerns and/or interactions

OFFICE LOCATIONS

130 East 2nd North St
Summerville, SC

100 Ridge St
St George, SC

141 Wildwood Dr
Walterboro, SC

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

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

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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

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 such as:

Fear of dying

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

Erroneous or exaggerated feelings of emotions such as:

Guilt

Hopelessness

Helplessness

Shame

Inferiority

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

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