

WANT TO STOP FEELING ANXIOUS?

LOOK AT YOUR HABITS. THESE 5 ARE DRIVING UP YOUR ANXIETY.

Dr. Matt Townsend
KSL Studio 5 Interview
March 26, 2021



What habits are driving up your anxiety?

It's natural to blame external factors for those feelings, but if we want to beat anxiety we have to take a hard look at our habits.

FOCUSING ON PERFECTION OVER DIRECTION

We worry more about the speed we're doing something, the things we're doing & if we're doing them perfectly even more than doing the right thing. Focus on the intention behind the action.

USING YOUR OWN SENSITIVITY AGAINST YOU

We use our own gift of sensitivity or noticing details against ourselves. We're not suppose to use our gifts to beat ourselves up but to change the world & influence the world.

BLAMING EVERYTHING BUT YOUR ANXIETY

A lot of time we blame our spouses, our schedules, blame the messiness, our kids, but we never blame the fact that we're anxious. If you can blame the anxiety you can deal with it.

BITING OFF MORE THAN YOU CAN CHEW

We're so used to saying yes. Over time adding a little more it becomes a lot that's been added.

PRACTICING THE ART OF AVOIDANCE

If I'm always avoiding what's hard, I'm never learning to do hard things, which only make me more anxious.

reflections:

What habits are driving up your anxiety?

How can you focus more on direction vs. perfection?

How are your sensitivities making you anxious?

Are you blaming other things rather than your anxiety?

Are you biting off more than you can chew?

Are you practicing avoidance?

What is the one thing you can do today to lessen your anxiety?

Notes: