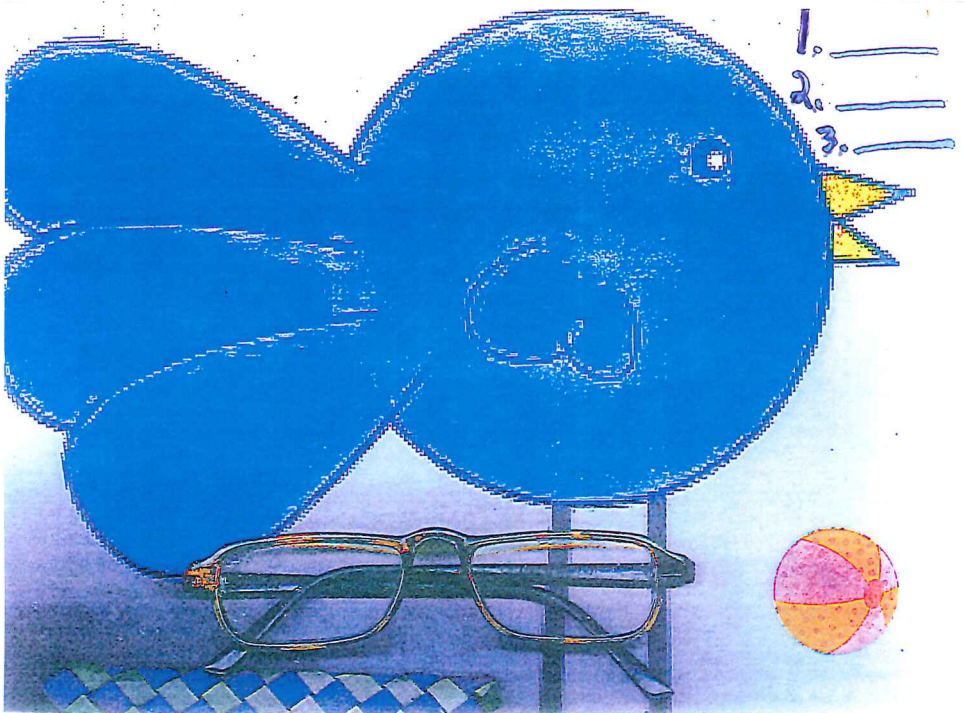


## Live Better Series: “I can live a vital and meaningful life.”

### “Effective Ways to Address Anxiety”, part 4

Tom Lavin MFT, LCADC, ACATA



**Bluebird:** I can live a vital, meaningful life. And, I accept I will sometimes have pain, and other times have joy, in my life.

**New Pair of Glasses:** to change my life, and grow in wisdom, I need to look at things differently.

**Beach ball:** I need to stop avoiding my life by pushing thoughts and feeling underwater. By being mindful, I will let my thoughts and feelings come up and accept them for what they are.

**Finger trap:** It is healthy for me to “accept what is as it is”. When I struggle against “what is”, I trap myself and cause suffering for myself. Accepting does not necessarily mean I like it.

**1, 2, 3:** I can live a vital and meaningful life by choosing and committing to values that are important to me—NIKE Therapy “Just do it!”, make a plan, don’t procrastinate, take action. Letting go and letting be is also a way of taking positive action.

1. *Dr. Wilson talked about how we can sometimes be overwhelmed by anxiety and are unable to live our lives the way we would like. Have you been overwhelmed by anxiety?*

---

2. *Dr. Wilson stated that if we are really living our lives, it is natural that we feel anxiety. He says we will feel anxiety when we expand our lives and get out of our comfort zones.*

*--Has being in your comfort zone held you back?*

*How* \_\_\_\_\_

*If you were to get out of your comfort zone, what would you do* \_\_\_\_\_

3. *Dr. Wilson talked about “making friends with your anxiety”. What does that mean to you?* \_\_\_\_\_
  
4. *If you were to “make friends with your anxiety”, how would your life be different?* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
5. *Dr. Wilson said that when we accept something, that doesn’t mean we like it. Is there something you don’t like, but, “that’s the way it is”, so, you’re now willing to accept it?* \_\_\_\_\_
  
6. *Dr. Wilson talked about pursuing what we really cared about. What do you care about; what is really important to you?* 1. \_\_\_\_\_ 2. \_\_\_\_\_  
\_\_\_\_\_ 3. \_\_\_\_\_  
\_\_\_\_\_
  
7. *Today, this is important to me* \_\_\_\_\_ *. Today, I will do this behavior:* \_\_\_\_\_
  
8. *Dr. Davis Burns has listed his “Common Self-Defeating Beliefs”. Accepting these as “true” can lead to paralyzing anxiety and/or depression. Have you allowed any of these self-defeating beliefs to affect your life? How have they affected you?*
  - *I must never fail.*
  - *People will not love me if I make a mistake.*
  - *I need everyone’s approval.*
  - *If you reject, there must be something wrong with me.*
  - *I have to please other people’s wishes (rather than myself).*
  - *Problems in relationships are always all my fault.*
  - *I will never be really happy.*
  - *I am worthless and defective.*
  - *I should always be happy and confident.*
  - *I can never be angry.*
  - *I should not feel sad or anxious—I need to sweep my feelings under the rug.*
  - *If I worry enough, everything will turn out ok.*

Recommended workbook: “Mindfulness and Acceptance Workbook for Anxiety”  
by John P. Forsyth, PH.D and Georg H. Eiffert, Ph.D.