



More Peace and Calm in My Life
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Anxiety, fear, edginess are familiar experiences for most people at times in life. Acute fear can signal impending or immediate danger and summon a response to protect one self and/or others. Conversely, generalized, chronic baseline types of anxiety and fear can create distress, discomfort, and sometimes impairment in daily social and professional functioning, as well as interpersonal relationships. Anxiety is future oriented often-rooted in painful, unresolved internalized emotional experiences of the past.

5 Things You Can Do To Begin Dealing with Anxiety

1. Try to **differentiate** between an **authentic** event that may be activating realistic fear, and any **unrealistic, negative** thoughts you are having that may be causing you to feel anxiety and fear.
2. Thoughts related to an **imagined or perceived experience** of rejection, abandonment, emotional attack or physical hurt might activate feelings of anxiety. Identify the thoughts) and examine the reality of an attack or rejection actually happening to you. Sometimes our fears are triggered by **old internalized experiences** that are still operating psychologically inside of us but have no basis in our current situation.
3. Thoughts sometimes originate in our beliefs about all kinds of things in relationships and life. **Explore** what beliefs) you have about the situation causing you anxiety and **challenge** the

authenticity of the belief. In other words, is the belief a **myth** or does it have **some basis in reality** for you? It might be helpful to try to re-work the belief and create a new realistic belief about the situation that may help sooth you and make you feel less anxious or fearful.

4. **Self-judgment** and **condemnation**, and **perfectionism** may sometimes contribute to anxiety as well as depression. Try to replace self-critical messages with more **loving, gentle, and kind** statements about who you are, what you have to offer your professional and personal relationships.

5. Psychotherapy/counseling can provide a **safe place** for you to explore your anxieties and fears that are causing you distress. A professional therapist can help you find ways to deal with fear when it becomes unmanageable and impairs your life.

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Next Issue: *"Oh no, the holidays are coming again!"*

The holidays are coming soon! I am starting to dread the season again...What can I do to experience more joy and peace during this holiday season?

Upcoming Issues:

Pressure to Look Good and Keep Up

"I'm feeling like I have to keep up with my friends as far as fashion, style, and kind of guys I am dating. I don't like the pressure. What can I do to deal with this?"