

# My Self-Therapy

## ANXIETY GUIDE

A practical journaling guide to untwisting personal anxiety.

Date: \_\_\_\_\_

How anxious am I feeling right now...

☐

**1**

Slightly worried but  
functioning as usual

☐

**2**

Mildly growing  
fear & stress

☐

**3**

Can't focus &  
obsessive overthinking

☐

**4**

Losing control with  
physical discomfort

☐

**5**

Nearing anxiety attack

### Let it out:

What has happened or is about to happen that is causing my anxiety?

---

---

---

---

---

### Identify:

Why does this scare me? What are my thoughts saying?

---

---

---

---

---

---

---

# My Self-Therapy

## ANXIETY GUIDE

### Perspective Change:

These are 2 other ways I could look at the situation.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Stop. Breathe.**

### Is it outside of my control?

If yes, I can no longer carry the burden and release myself from the bondage of that which I have no control.

This is the first step I can take to help face the situation and overcome my fear:

1. \_\_\_\_\_

Who can I talk to or ask for prayer?

\_\_\_\_\_

**3 things I'm grateful for in this moment:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# How to use your Self-Therapy Anxiety Guide

## Tracking your journey

Whether it means collecting your journal entries in a folder or binder, the purpose of these guides are to help you track your personal progress with anxiety and become more aware of any recurring cycles that need to be broken within your thought processing. You are becoming the student of your own mental wellness. You are accessing your own emotional state so you know how to maintain a healthy response. Part of this self-assessment is using the 1-5 scale to gauge the level of anxiety you're facing.

## Letting it out

**Walk yourself through the situation. Start by pinpointing the event or person that is triggering your emotions.** Chances are, you'll find this type of situation is a regular trigger for you. Knowing what your trigger is will help you step back and become more thoughtful of how to deal with this situation instead of being reactive and unthinkingly responding or letting it get the best of you.

*Ask yourself: Why does this have so much power over me? Is my anxiety about the situation appropriate or created by my own fears and insecurities? What boundaries can I draw for myself?*

## Identifying

**Journal the thoughts that are currently consuming you.** Having a tangible layout of your thoughts can help you better resolve them, rather than letting them build and stir up in your mind. Write down everything that you're thinking (now matter how crazy it may be). **Analyze it and be your own judge.**

*Ask yourself: Is my thought process rational or led by fear?*

## Perspective Change:

**Stop and shift. What are 2 potentially positive outcomes or other ways you could view the situation?** What would you tell a close friend if they were in facing this? Unfortunately, just because we think things and they feel real, we assume they are. At this point you need to separate yourself from your feelings and begin weighing other possibilities. Remember FEAR is False Evidence Appearing Real.

**If it's out of your control, what can you do to let it go?**

### **Getting Practical: First steps**

Sometimes there are things we can do to alleviate the stress of the anxiety we're facing.

Exp:

If you're anxious about a conflict with a loved one or boss...

1st Step: Write down what you'd like to say to them and plan a time to talk it out.

If you're worried about an upcoming exam...

Plan a study schedule into your week that will give you more confidence going in.

If you're worried about how you're going to afford a bill...

Consider taking a payday loan until your next check or call the company to work out another deadline.

Sometimes looking at the big picture leads us to catastrophizing our situation when all we need is that first step to get us out the pit. Think about what yours could be to help alleviate your worries.

### **Who can I talk to or ask for prayer?**

**Call someone you love and break out of isolation.** Making connection with another person you trust at the peak of your anxiety can be vital to getting level headed toward emotional recovery. Consider reaching out to this person.

### **3 Things You're Grateful For**

Problems will arise, that's life, but often time how we look at the problem is the problem. Instead of focusing so intensely on what's wrong take a step back and be grateful for the blessings you still have that someone else is praying for. Just because you had a bad day doesn't mean you have a bad life or that things will always be this way. Take this moment to zoom out of your fears and appreciate the blessings that remain.

**Happy Journaling! -Brittney**

# 5 MENTALITIES THAT ARE KEEPING YOU BOUND

Brittney Moses

In the world of Cognitive Psychology there are about 15 known thinking distortions common to so many of us- myself included.

Cognitive Distortions are when your structure of thinking is flawed in its reasoning. Cognition is how your mind processes events and interprets your reality. A distortion is when something is twisted out of becoming no longer true or accurate. So when you think cognitive distortions we're talking potentially destructive thoughts that have twisted the way you're seeing your present situation. We develop this way of thinking in life many times when we're anxious and fear clouds our judgment or we're captive to a low esteem. **David Burns** has popularized the labels that I'm listing that Psychology has adapted today.

So I'm going to help give you 5 mentalities that may be holding you back in hopes that we can recognize and untwist unhealthy thinking to live free and highly functioning lives!

## All or Nothing Thinking

...Or polarized thinking. You place people or situations as black or white. There's no reasoning in-between. Things are perfection or failure. It is allowing no grace and it doesn't usually take into account a holistic view of the person or situation. This mindset of extremes is seen in a perfectionist attitude and can easily lead to anxiety and depression within yourself .

If you are a person who struggles with all or nothing thinking I suggest you take a step back and consider multiple angles before jumping to extreme conclusions about your situation, yourself or others.

Just because you made a mistake doesn't mean your work is a failure- it just means you're human and you can determine to make improvements the next time. Just because they didn't answer your call doesn't mean they don't like you- it very well could mean they've been really occupied. Just because your car broke down doesn't mean you'll never get anywhere in life- everyone has car problems, literally, and we figure out how to keep going. I want to encourage that you practice embracing grace for yourself and others, as well as the fact that setbacks are a part of life, not the end of life.

## Overgeneralization

...Taking a single event or single piece of evidence and drawing a generalized conclusion. Something bad may happen once and it's translated as a never-ending pattern of defeat. Using words like "always", "never" and "every" are usually a habitual mentality. *"I always get things wrong", "Every time something good happens something's bound to go wrong", "I can never get ahead".*

Life happens to everyone and no one is immune to hard times. It's all a part of the process! However, when this becomes a belief system we limit who we are, what we can do and the potential our lives could have. You either carry these disappointments and let them define you or you pick yourself up and let it equip you.

# Catastrophizing

...Assuming the worst possible idea. Catastrophizing is exactly what it sounds like- viewing things as far worse than they actually are and letting the imagined catastrophe become your reality. It's failing in your mind before it even exists and always leads to a place of hopelessness.

This is a mindset ruled by fear. As those purposed by God I want to remind you that God has not given you the spirit of fear; but of power, and of love, and of a sound mind (2 Timothy 1:7). Own this. It's time to operate in what's been given to you. And truth be told, fear and faith take the same amount of energy. It's just about which mentality you're going to feed. Most of the things we fear never happen.

# Emotional Reasoning

You reason from how you feel. Because you *feel* this way, it must be *true*. Essentially your feelings become your source of truth and direction. "*I don't feel like doing this*" – so nothing gets done. "*I feel inadequate*" – so you assume you're incapable and don't even try. "*I feel like there's no way out.*" – so you focus on the problems and never muster up the energy to find a solution.

But we know that emotions are fleeting, unstable and no standard of guidance. What we feel can easily be contrary to what's real. In fact, most of the time if we just took a moment to push past how we feel we'll usually find a world of opportunity and progress on the other side. You're allowed to have emotions. You're allowed to have a moment of humanity- just don't breakdown and set up camp there because there is so much more in store for you once you get past how you feel.

# Control Fallacy

The control fallacy I want to focus on is *external control* or “outside-in” thinking. This type of thinking leads you to believe you are a victim of your environment and circumstances. It is the mentality that we are completely out of control and everything around us must change before we can change or move or make a difference. Not only is it paralyzing but its completely false. This absolves us of all personal responsibility and keeps us from being proactive.

However, when we focus on growing ourselves and making the most of what we can with what we have, this focuses on the things that can be done and creates progress in our lives. You take responsibility and stop blaming everything around you for your behavior. And because of that, the nature of your influence literally begins to increase, enlarging and magnifying in positive results.

Use your Self-Therapy Anxiety guide to help untwist any cognitive distortions you may be facing in the moment!

Your sister,

*Brittney Moses*



# HOW TO STOP OVERTHINKING AND LIVE IN THE MOMENT

Brittney Moses

Does your thinking tend to drift into an eternal cycle of the why's, the how's, and the what if's? Welcome to the club my friend. I am by nature an over-thinker. I have a PhD in overthinking. I've mastered it just about all my life. I've been guilty of overthinking about my overthinking. After a while it sounds like the mind of a crazy person and that's how you feel just about half of the time. Living in the moment is the struggle, your mind runs late at night and sometimes it's nothing but anxiety in disguise.

What are some of the tell-tale signs of overthinking? Well I've thought about it (pun-intended):

- Second guessing yourself (or triple or quadruple guessing)
- Lack of sleep at night from racing thoughts or insomnia
- Struggling to live in the moment from analyzing everything, especially things unrelated to the present moment
- Overly analytical
- Having a hard time letting things go
- Perfectionism
- Self criticism
- Thinking the worst and catastrophizing things before they even exist
- Feeling like you can't turn your brain off
- Never feeling 100% sure
- Anxiety and other correlating symptoms from that such as loss of appetite, depression, nausea, headaches etc

The list goes on, and on, and on.

The mind is an excellent servant but a terrible master.

So here are a few things that have helped me overcome overthinking and have become a practice:

## **1. Set aside a time to think about it.**

When your mind is running on and on about something that does not pertain to the moment that you're in, or you can't focus because this thought just won't leave your brain and you can't stop resurrecting it until you figure it out- designate a time when you have more peace and better timing to think it through. Literally say to yourself "After dinner I will sit down and journal or think this through, until then I have to let it go." Take authority over your mind and don't let it run you! You'll feel better because you can redirect your focus to what's in front of you without the lingering feeling that things have gone unresolved (*which is second to slow and painful death*).

## **2. Write down the negative thought and test its validity.**

Before assuming the worst, what is the likelihood of this thought actually being true? What are the facts surrounding the scenario? Are there other solutions? Are there other angles you're not taking into consideration? What are your fears telling you? Remember fear is False Evidence Appearing Real. Fear is an illusion. If you're a serious over-thinker your fears are basically real because you can project yourself down the road and see it happening. Stop that. It will be the death of you.

Fear will cause your most reasonable mental process to shut down and literally disable you from being able to separate the difference between imagination and perception. It takes you back to a child-like psyche. Start writing down the lies or distortions you've begun to foster and be careful about believing everything you think. You have this incredible superpower that no other species has called *parallel processing*, which enables you with the ability to think about your thoughts. This means that you *can* separate yourself from your thoughts and begin to discern what's healthy and what is not; and discard the following. Use your superpower.

### **3. Slow the heck down.**

Can you be doing one thing and be thinking about ten other things you need to start doing once you're finished? Do you have a hard time focusing?

Stop. Realize you're being obsessive. "I'm being obsessive right now and I need to stop." Literally do a breathing exercise- deeply in and out for ten seconds. Visualize yourself pushing everything out of your brain and to the side. Take a walk. Meditate solely on what's in front of you. Readjust your concentration and slow down. In fact, pick a time to not think about anything. That could be reading a book, taking a bath, taking a walk, painting a picture, you name it.

### **4. Meditate and pray (and not necessarily in this order).**

Realize that you are not alone. Overthinking is very much hand in hand with control issues. You feel everything is relying and weighing on you so you take on the the total

burden- the burden of having to know everything, having to figure it out, having to have all the answers. When you have God, you are never alone. Really you were never meant to live without Him. You have this duality constantly going on in your life where God is working His super into your natural, so whatever is out of your control can be given to Him because in the grand scheme of things He is working all things together for your *good*.

*Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts **and your minds** in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, **think about these things**. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.*  
(Philippians 4:6-9)

When you've been an over-thinker for most of your life, undoing the habit takes practice, intentionality and self-discipline. But you know what, you have to make a decision that says, "This will not be the rest of my life." What do they say, the first step to overcoming a problem is admitting that you have one, right? Well, you're still reading this which means it has resonated with you in some way so we can say that's a step. Remember God has not given you a spirit of fear but of *power* and a *sound mind*.

Your sister,

*Brittney Moses*

# 50 WAYS TO INSTANTLY BOOST YOUR MOOD

Brittney Moses

Having an off day happens to the best of us. It can be easy to find yourself stuck in the blues and have a hard time digging your way out to the light again- especially if you're facing the battle of depression, anxiety, Borderline Personality Disorder or any other ongoing emotional crisis. Here are a few things that not only do I turn to when readjusting my mood but many of these have been scientifically proven to make a difference!

1. **Run a nice long scented bubble bath.**
2. Sing your favorite song out loud.
3. Take a nature walk.
4. **Get some sunshine.**
  - *Getting a good amount of sunlight can be very beneficial, especially if you're mostly inside. Sunlight triggers a release of serotonin in the brain. Serotonin is a chemical that is known for stabilizing mood balance.*
5. **Exercise or go for a run.**
  - *Exercise releases endorphins in the brain which have proven to biologically help really boost your mood!*
6. Journal 10 things you're grateful for.
7. Say a prayer & completely give God your worries.
8. **Call someone you love and break out of isolation.**
  - *Making connection at the peak of your blues is vital to emotional recovery.*
9. Watch Ted Talk on *The Surprising Science of Happiness*
10. **Have a cup of coffee.**
  - *Coffee increases the production of dopamine in our brains and boosts our adrenaline. While it's only temporary it does help get us moving, staying focused and a boost of energy.*
11. Have a cup of tea if you're not a fan of coffee.
12. **Buy a really great book and get lost in it.**

- *Smells become closely connected and associated with moods in the limbic system of your brain, which processes emotions.*
13. Bump your favorite music and de-clutter your desk or room.
- *You'll feel great afterwards when all the clutter is gone, your mind will be at peace and you'll feel productive.*
14. **Take a power nap.**
- *Sleep deprivation can be a major source of low moods.*
15. **Revisit old hobbies and passions.**
- *writing, singing, painting, hiking, baking, word puzzles, whatever brings you joy, just do it!*
16. Buy some flowers for your room or desk.
- *Greenery is psychologically serene and something about plants bring life into the room.*
17. Visit the park, pack a lunch and read a book. Get outdoors.
18. **Journal 5 really great attributes you have and keep it genuinely positive.**
19. Watch one of your favorite childhood movies. Bring out the inner kid again!
20. **Take an internet/social media sabbatical!**
- *Many, many studies and personal experience can attest to the fact that too much social media can bring bondage in comparison, self-presentation and the anxiety of keeping up with "the latest".*
21. Find a new place locally on yelp and make a random visit
- *A nice cafe, museum, botanical garden, etc.*
22. Color in an adult coloring book with a new box of colored pencils.
23. Get a massage.
24. Get a pedi & mani.
25. Remind yourself you won't always feel this way.
26. Make a list of short term and long term goals.
27. Accomplish a short term goal.
28. Stand up, stretch and do a slow breathing exercise
- *In with the positivity, out with the negativity.*
29. Start Rick Warren's Bible reading devotional on Habits of Happiness.
30. **Put on your favorite lipstick and push through the day like a boss.**
31. **Decide not to complain about a single thing for the rest of the day.**
32. Watch the sunset.
33. **Cry and let it all out.**
- *A variety of **research** has shown that releasing your emotions, while also triggering endorphins, can restore you to your original, more stable mood and better, after a while.*

34. Increase your iron intake with iron pills or iron rich foods like spinach and lentils.
  - *Low iron levels can cause fatigue, which can be the underlying cause of blue moods.*
35. Take yourself on a movie date.
36. Look in the mirror and pick out a feature you love about yourself.
37. Print out a picture of one of your favorite memories and post it up on your wall or desk.
38. Drink lots of water.
39. Officially say “no” to tasks that can wait so you can focus on what’s important to you.
40. Redecorate your room or desk.
41. Paint your nails a brighter color.
42. Unfollow/clean your social media friends list of toxic/negative behavior.
43. **Write down each negative thought and then rip them up or challenge them with positive thoughts.**
44. Buy or cook a really good meal and eat it slowly. Enjoy every bite.
45. **Let go of perfectionism. Your beauty and strength includes your flaws.**
46. Give yourself an at home facial.
47. Sit and refresh by a lake, river, ocean or large body of water.
48. Create a **happy box**– a package of your favorite goods to unleash on bad days.
49. Go on a lunch or coffee date with a friend.
50. Get counseling to help gain perspective on your life and managing your mental health effectively.

Your sister,

*Brittney Moses*

# LETS CONNECT

Don't be a stranger!  
Let me know  
how you're using your  
Self Therapy Anxiety Guide.



@Brittney\_Moses



@BrittneyMoses



@BrittneyMoses



@BrittneyAMoses

Read more articles for healthy, biblical  
everyday living at [BrittneyAMoses.com](http://BrittneyAMoses.com)

