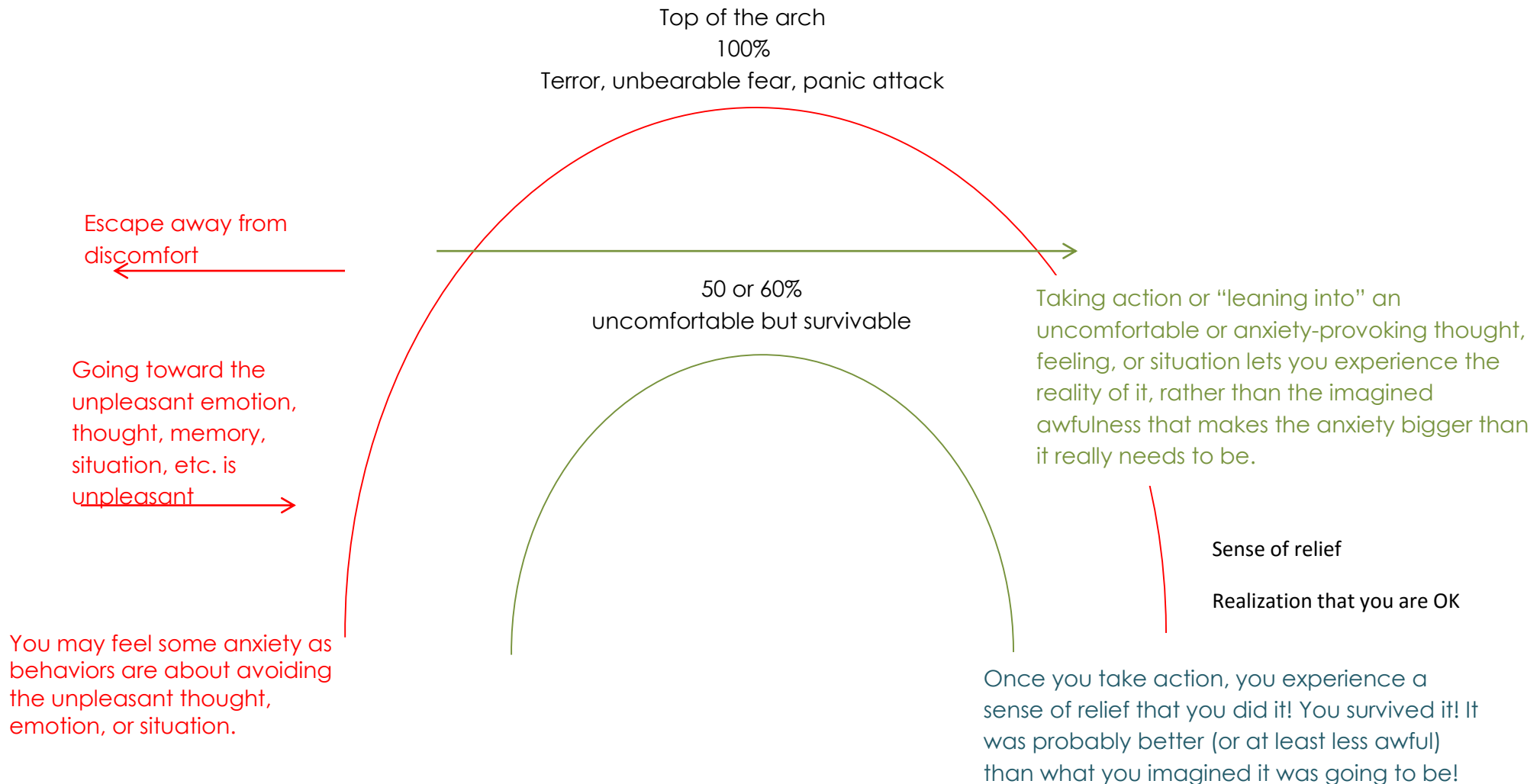


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The fear of the pain or discomfort makes anxiety worse. Fear drives anxious behaviors, such as emotional eating, procrastination, and other compulsive behaviors. These behaviors serve as a means of escape from the discomfort. They also serve as temporary ways to feel in control, especially if you have a history of trauma, abuse, or chaotic family life that set you on edge, and made you feel like you weren't good enough or unsafe.