## **Anxiety Archway**



www.dianazilly.com

Top of the arch 100%

Terror, unbearable fear, panic attack

Escape away from discomfort

Going toward the unpleasant emotion, thought, memory, situation, etc. is unpleasant

You may feel some anxiety as behaviors are about avoiding the unpleasant thought, emotion, or situation. 50 or 60% uncomfortable but survivable

Taking action or "leaning into" an uncomfortable or anxiety-provoking thought, feeling, or situation lets you experience the reality of it, rather than the imagined awfulness that makes the anxiety bigger than it really needs to be.

Sense of relief

Realization that you are OK

Once you take action, you experience a sense of relief that you did it! You survived it! It was probably better (or at least less awful) than what you imagined it was going to be!

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.