

# Accepting Anxiety



We all hate being anxious. It's a horrible feeling, it feels overwhelmingly disturbing, and understandably, we try to keep it at bay by avoiding anything that might make us anxious, or by doing things that help us feel safer in those situations where we feel anxious.

## **If you're not willing to have it, you will.**

Look at this sentence. What does it mean? "If I'm not willing to be anxious, I **will** be anxious?" What does that mean? Our mind might say:

*"Hmmm. So if I'm not willing to be anxious, I will be anxious. I hate being anxious, so I guess I could give it a try. I'll try to be more willing to feel my anxiety so I won't be anxious"*

Okay. But if you decide you could be willing to be anxious, in order to get rid of the anxiety, then *you're not really willing* to be anxious, and that will result in feeling more anxious!

**This is not mumbo jumbo!**



**Read it again!**

It sounds weird, not right. Yet it seems that it's true. If you are only willing to feel anxiety because you hope that by being willing to feel it, it will reduce your anxiety, *then it cannot work*. That is not the same as being willing to feel your anxiety.

Anxiety is normal. We all feel it. We will all continue to feel it at times.

To help start practising willingness to accept anxiety:

- Notice when you start to feel the normal body response to unhelpful thoughts
- Don't struggle or fight with the feelings and thoughts, just let them be
- It will pass

**JUST NOTICE** - This is just a normal body response to unhelpful thoughts. It will pass.....