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A CONVERSATION KIT ON

# ANXIETY

# Conversation Guide

## Anxiety, pt. 1

### Part 1 summary

- Anxiety can be caused by a variety of things, including social and academic pressures, past trauma, family or genetic influences, and chemical imbalances.
- Fear is a reaction to something we know is real — anxiety involves imagining threats, and stressing about what *might* be real.
- Common ways of dealing with anxiety involve deep breathing and focusing on our five senses.

1. Fear and Anxiety
2. Breaking the Cycle
3. Disaster and Community
4. A Better Life

### Discussion questions

**01** Would being able to pinpoint the exact cause of your anxiety help to deal with it? Why or why not?

**02** Can fear ever be a useful thing to feel? If so, when? What about anxiety? Why or why not?

**03** Is it comforting to you that Jesus tells his disciples not to worry? Why or why not?

### Diving deeper

Philippians 4:6-7 says, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Do you find this easy or difficult to do "in every situation"? Does the peace of God mean changing your circumstances, or changing your ability to deal with them?