

## Factsheet

# I FEEL ANXIOUS. MANAGING MY WORRIES



« It shrivels fear. We become a little ball that no longer dares to come out of its box » Katherine Pancole, Eugène and me.

« I make horrible films »

« I'm drowning inside myself »

« I expect, I interpret and I exacerbate » could be the motto of the anxious.

However, the extreme power of our imagination needs to be carefully supervised. And the worst is everything we can imagine!

**When you are anxious**, you can't help but « scan » your environment to search for what scares us, to know if we are safe or not.

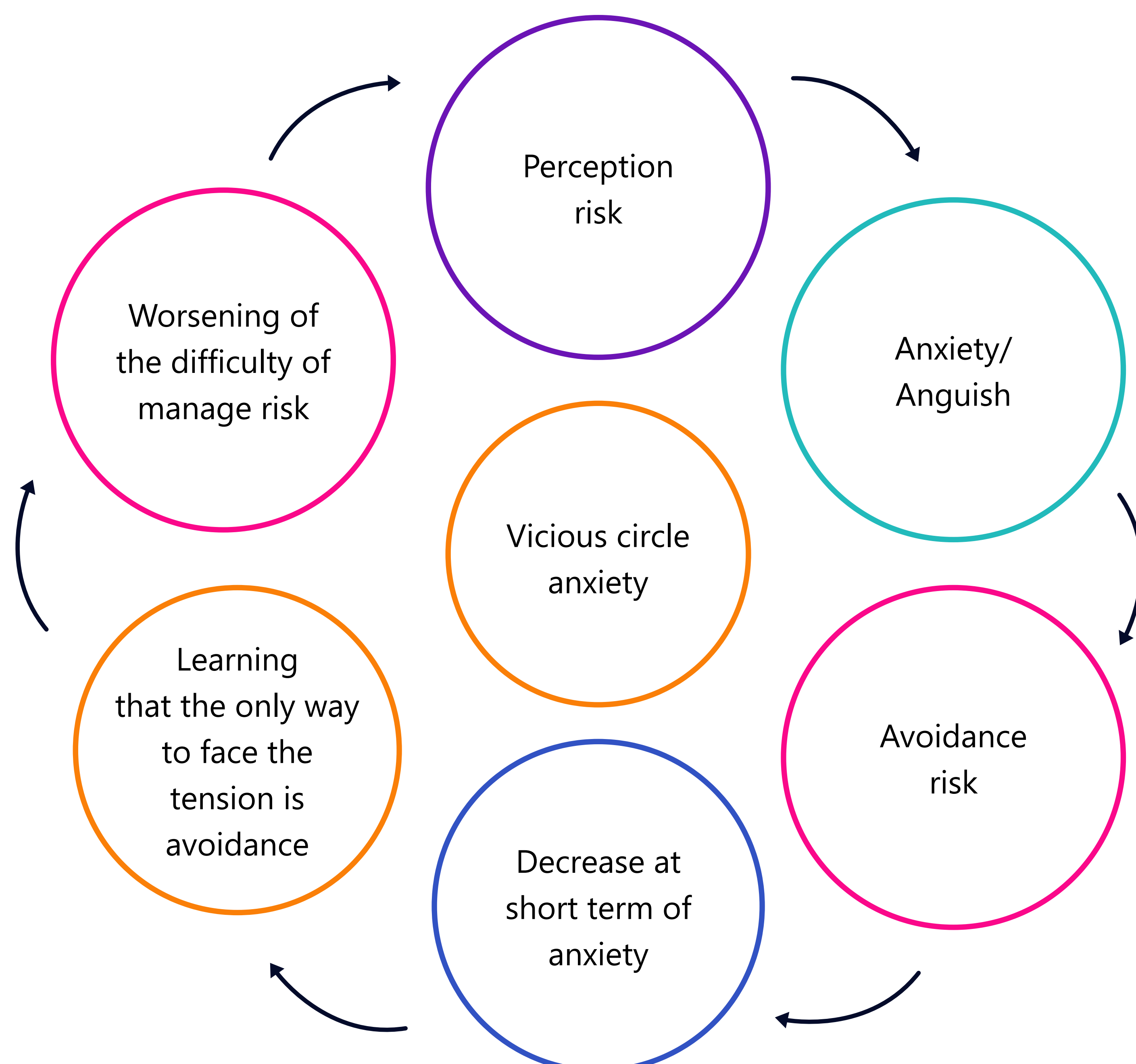
It's as if we had a filter that perceives the world in danger or safety mode.

**When we're afraid**, we detect the presence of potential problems, and we tend to imagine disaster scenarios that we want to avoid.

These incidents happen automatically and there's nothing we can do about them.

If in doubt, we prefer to sound the alarm: rather be wrong about your fear, than fear too late.

In the long term, it's exhausting and it makes life very complicated!



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To get out of the vicious circle of anxiety, you can learn to escape from emotional reasoning: it's not because my heart is beating fast that there's necessarily a danger! The tendency for emotional reasoning is present in children but also in adults, resulting in an unquestioning interpretation of our physical sensations as valid danger signals. In other words, we blindly trust our fear. Because the alarm has gone off, we think that the danger really exists. In fact, it's the alarm that's not working!

When we perceive a risk, we can learn to identify what worries us, giving us a way to confront it and to solve the problem if there is one.

