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 **Week 4**

**Anxiety Checklist**

**INTRODUCTION**

Sometimes the actions or words of others causes us to react in negative ways or to worry about situations that are out of our control. On Sunday pastor Phil made the statement that nothing changes until I do. What are some things about yourself that are under your control that you’d like to change?

**DISCUSSION QUESTIONS**

*Discuss these 7 areas of your life where you need to diagnose the cause of your anxieties*

1. Intake. Are the things that you are watching or seeing or know about that are causing you anxiety?
2. Imbalance. Do you know what the priority is in your life? Does this allow you to view tasks as unnecessary?
3. Indecision. Is there any decision you need to make in your life that you are wavering on? What would help you make a choice?
4. Integrity. Are you who you are with everyone or do you put on different masks for different people?
5. Intention. Are your interactions with others focused on them or on you?
6. Imagination. Do you use your imagination to think up good scenarios for your life or negative ones?
7. Isolation. No Christian is supposed to deal with their struggles on their own, are there things you are keeping from others who want to help you?

**STEPPING FORWARD**

This week seriously look at each of these areas in your life. If God reveals that your anxiety is coming from them, talk with another Christian about where you are struggling.

*Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another — and all the more as you see the Day approaching*

**Hebrews 10:25**