

# 4 QUESTIONS TO HELP CLIENTS OVERCOME ANXIETY

Adapted from Kelly McGonigal, PhD

When fear takes hold, it may cause your clients to avoid the activities they most enjoy, or even shy away from the people they hold most dear. But asking clients these four questions can help them move beyond their fear and anxiety.

1

## What do you lose when you give in to fear?

Your client may find that their fear causes them to miss opportunities, lose independence, or even neglect their relationships. Identifying those meaningful parts of life that fear blocks can be a powerful motivator.



2

## What do you gain by choosing the anxiety-provoking option?

Helping clients envision the self-confidence, meaningful relationships, and positive experiences that are often just on the other side of fear can be a key step in shifting their response.



3

## What strategies can help you manage the temporary anxiety?

Mindfulness can be particularly effective in helping clients stay grounded in the face of anxiety. You may try strategies such as bringing awareness to the breath or setting a specific intention.



4

## How can you acknowledge your own courage?

Facing fear is a major accomplishment. That's why it can be critical to help your client celebrate their ability to tolerate discomfort, or appreciate their willingness to even try.



# Overcoming Panic

**M Tight**



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