

A 4-STEP APPROACH FOR OVERCOMING ANXIETY

In life, you're constantly managing unknowns. But when anxiety takes hold, it can be difficult to face those unknowns and do the things you once enjoyed. So how can you overcome anxiety when it's holding you back?

One way to motivate yourself in the face of anxiety is to build a values-based mindset.

1

Identify the meaningful parts of life that the anxiety is blocking.



2

Shift the focus away from the anxiety itself toward the meaningful goal.



3

Create a list of positive messages that would motivate you toward that goal.

4

Be gentle with yourself - you're not alone. Many of the people you meet may be working

Overcoming Dating Anxiety A Selfhelp Approach

Yi-Tong Ma



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