Overcoming problem worry and reducing anxiety

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Thought Dominance

Threat

- hope
- objective
- rational
- Spiritual
2 Types of Worry

solve  float
Solvable Worry

A worry with constructive outcomes

- result from concrete problems
- are present time orientated or time limited
- can be measured by finite outcomes
- respond to problem solving techniques
Underpinning Foundation

certainty, assurance, rational/cognitive, processor
Floating Worry

A worry with destructive outcomes

• result from un-definable anxieties
• are not time limited
• have no measurable goals or outcomes
• do not respond to problem solving
Underpinning Foundation

low self esteem, anxiety, intuitive, feeler, sensitive
Dealing with uncertainty

- Denial
- Intolerance
- Acceptance
Overestimating Threats

Reducing the limbic response

- False
- Evidence
- Appearing
- Real
3 treatment approaches

CBT: Cognitive Behavioral Therapy

Thought Records charts
Making New Appraisals
Present Contemplation
Faith and Fear

Matthew 6:26

“Look at the birds of the air; they do not sow or reap or store away in barns…”
Jesus Model

Getting the faith response right

- Jesus teaching on worry is the most liberating and helpful (see Mat 6)
- Jesus did not respond to ‘Should, Must, Ought’
- Jesus demonstrates ‘complete spectrum emotion’
- Jesus looked after his emotional, physical and relational needs
- Jesus exhibits a perfectly attached and secure relationship with God
- Jesus dealt lived in the present
The importance of security in overcoming worry
Where to find more information

www.mindandsoul.info

Online Resources
CBT Books
GP Advice
Mind and Soul
The Worry Book
Prayer Ministry