

Who Am I Beyond My Anxiety?

When we struggle with our anxieties and fears, we typically focus too much on what is wrong with us. As a result, we lose sight of other essential aspects of who we are: our likes, values, and strengths (Forsyth & Eifert, 2016).

While answering the following questions, mindful reflection is incredibly helpful.

Take a few grounding breaths, and when relaxed, mindfully think about who you used to be before you defined yourself through your anxiety. Imagine how you talked, behaved, and interacted with others.

Then answer the following questions:

I am someone who:

I am NOT someone who:

I really like:

I really don't like:

My most important relationship is:

What do I like doing?

When do I feel at my best?

Spend some time reading over these answers.

Remember that this is who you are when anxiety is not a focus and doesn't define who you truly are.

References

- Forsyth, J. P., & Eifert, G. H. (2016). *The Mindfulness & Acceptance Workbook for Anxiety: A Guide to breaking free from anxiety, Phobias & Worry Using Acceptance & Commitment therapy*. Oakland, CA: New Harbinger Publications.

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