

6 Key Anxiety Binders and How to Overcome Them

Anxiety Binding Mechanism(ABM's)		Changing the pattern
1. Over functioning	<ul style="list-style-type: none"> • Advice giving • Doing things for others that they could do for themselves • Worrying about other people • Feeling responsible for others, knowing what is best for them • Talking more than listening • Having goals for others that they don't have for themselves • Experiencing periodic, sudden "burnouts" 	<ul style="list-style-type: none"> <input type="checkbox"/> What is my contribution to this pattern? <input type="checkbox"/> Invest in learning how to become responsible for self and only for self. <input type="checkbox"/> Thinking, planning and being concerned more of the time with self and the management of self vs. others.
2. Under functioning	<ul style="list-style-type: none"> • Asking for advice when what is needed is to think things out independently • Getting others to help when help really is not needed • Acting irresponsibly • Listening more than talking • Floating without goals much of the time • Setting goals but not following through with them • Becoming mentally or physically ill frequently • Tending to become addicted to substances 	<ul style="list-style-type: none"> <input type="checkbox"/> What is my contribution to this pattern? <input type="checkbox"/> Invest in learning how to become responsible for self and only for self. <input type="checkbox"/> Taking responsibility for all feelings good or bad resting solely with self. <input type="checkbox"/> One's thoughts and behaviors resting solely on self. <input type="checkbox"/> Only ask for help when it is in fact needed.

Source:

1. "Extraordinary Relationships-The New Way of Thinking About Human Interactions" by Roberta M. Gilbert, M.D
2. Clearmind International Institute

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3. Conflict	<ul style="list-style-type: none"> • Become critical when anxiety is high • Become embroiled in blaming others for perceived problems • Project our own problems on other people • Focus more on the other than on the self • Fight vs. switch, have fun or anything useful • Behave abusively 	<ul style="list-style-type: none"> <input type="checkbox"/> Focus on self vs. other – What am I experiencing in this moment? <input type="checkbox"/> Calm, thought, careful watching. STOP, LISTEN, RESPOND in a reasonable way. <input type="checkbox"/> Get curious about the relationship with conflict in your family. <input type="checkbox"/> Committing to improving one's own emotional functioning. <input type="checkbox"/> Step back and look at the bigger picture. <input type="checkbox"/> Reflect on other choices that can be made to respond
4. Cutoff	<ul style="list-style-type: none"> • A distant posture carried to the extreme due for a variety of reasons such as: • An employee is let go or fired and never heard from again • Yourself or a family member moving elsewhere and never contacting the family again • Only making contact for major events such as holidays, weddings, funerals • A person becomes the scapegoat in a community and leaves for good • Religious differences break families or friends from any contact 	<ul style="list-style-type: none"> <input type="checkbox"/> Recognize and be aware it is occurring <input type="checkbox"/> Ask, what is my part in the cutoff? <input type="checkbox"/> What is my part in inducing the intensity of feeling that made the cutoff occur? <input type="checkbox"/> Is there anything I might do to bridge the cutoff? <input type="checkbox"/> Is there a way I can work to lower my emotional intensity so cutoff will not be inevitable in the future? <input type="checkbox"/> Invest time in working with the anxiety than the behavior <input type="checkbox"/> Look at the bigger perspective of what is happening <input type="checkbox"/> Engage in activities such as exercise, relaxation, sports or hobbies. <input type="checkbox"/> Take steps within your family and take responsibility for your part in the cutoff?

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5. Triangling	<ul style="list-style-type: none"> • Talking against the boss, leader, teacher to people other than the boss, leader or teacher • Gossiping or talking about someone who is not present • Having an affair • Taking a morbid interest in other people's problems • Thinking more about a child or anyone else than about one's marriage or oneself. 	<ul style="list-style-type: none"> <input type="checkbox"/> Stay calm <input type="checkbox"/> What is my contribution to the pattern? <input type="checkbox"/> How am I triangling? <input type="checkbox"/> How do I go about changing my part of the triangle? <input type="checkbox"/> What do I need to do to get emotionally neutral and still communicate with both other parts of the triangle? <input type="checkbox"/> Have open communication with other people involved. <input type="checkbox"/> Learn how to manage oneself emotionally in and through triangles <input type="checkbox"/> Work on emotional neutrality
6. Distance	<ul style="list-style-type: none"> • Excess periods of non-communication when one is emotionally reactive • Workaholism • Overuse of substance such as drugs or alcohol • Excess time spent on hobbies • A tendency to be quiet when anxiety rises • Talk that includes nothing of personal importance • An inability to relate to some of the people in one's immediate or original family 	<ul style="list-style-type: none"> <input type="checkbox"/> How do I distance from my extended family? <input type="checkbox"/> How do people in my family distance from each other? <input type="checkbox"/> How many distant relationships can I find in my family of origin? <input type="checkbox"/> How do I distance from my colleagues at work? <input type="checkbox"/> How do I distance from my friends? <input type="checkbox"/> How do I get them to distance from me? <input type="checkbox"/> What is the origin of the intensity that leads to the distance or makes it necessary? <input type="checkbox"/> How effective is distancing at managing the anxiety? <input type="checkbox"/> Finding ways that work for engaging in simple, calm, person to person contact.(ex. a conversation, a phone call, a hug, going for coffee, going for a walk) <input type="checkbox"/> Initially taking small steps to make contact and progressing over time

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Be proud of yourself for reviewing this material. It says a lot about you and your commitment to evolve and change as a person. You have invested in yourself in this moment which can bring rewards to your life today and into the future. Way to Go!

Below are some questions you can answer related to this article plus some ways you can obtain additional support.

Exercise:

1. Which ABM(s) resonate with you?
2. How does it feel to become aware of one or more of them?
3. Review and complete the questions relating to changing the pattern.
4. What one step you can do immediately to improve your relationship to your anxiety?

Support:

Support is available to you in many ways. Here are some ways to obtain support for your anxiety and/or stress.

1. Courses
2. Workshops
3. Coaching
4. Therapy such as counselling
5. Support groups
6. Your benefits provider through work
7. Your family physician
8. Family and Friends