
Spiritual Nature of Psychological Problems

Anxiety

What do you think about when you hear "Anxiety"? Most people would think it is something to be avoided as it is usually an unpleasant feeling. However, anxiety is a part of our everyday lives to some degree or another. Anxiety enters when we begin to feel overwhelmed & under resourced by some aspect of life. Though we most often think of it as something negative, there can be some positive benefits to it as well. Join Dr. Cloud and he helps give you a deeper understanding of anxiety, it's cause, it's spiritual implications and the difference between toxic and positive anxiety.

Small group discussion questions:

1) Were you surprised to learn that anxiety can be both positive and negative?

2) Do you struggle with anxiety in some area?

3) What steps will you take to begin to address it now that you have a better understanding of anxiety?