



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF JUNE 12, 2006



**“The Emotional and Spiritual Connection:
The Sum of All Fears”**

**Featuring:
Dr. Henry Cloud**

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I. Introduction

Anxiety is more personal than we think it is

II. What is Anxiety?

1. Overwhelming Feelings of Panic and Fear
2. Uncontrollable Obsessive Thoughts
3. Painful Intrusive Memories
4. Recurring Nightmares

III. Physical Symptoms of Anxiety

1. Sick to Your Stomach
2. Butterflies in Your Stomach
3. Heart Pounding
4. Startling Easy
5. Muscle Tension

III. Types of Anxiety

1. Panic Disorder
2. Generalized Anxiety
3. Obsessive/Compulsive Disorder
4. Post-Traumatic Stress Disorder
5. Panic Attack
6. Phobias
7. Unrelated Symptoms

IV. Ways to Avoid Anxiety

1. Medicate
2. Act Out
3. Learn What Your Avoidance Mechanisms Are

V. Causes of Anxiety:

Something in life that has taken on a symbolic meaning of something of danger

1. Fear of Losing a Significant Relationship/Connection
2. Loss of Freedom/Control
3. Not Being Good Enough

Next Week on “Solutions”

“The Emotional and Spiritual Connection: Erasing Guilt Messages”

Resources:

BOOKS:

Rescue Your Love Life

By Drs. Henry Cloud and John Townsend
www.integritypublishers.com

How People Grow

By Drs. Henry Cloud and John Townsend
www.zondervan.com

9 Things You Simply Must Do

By Dr. Henry Cloud
www.integritypublishers.com

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NewLife Ministries

New Life Ministries is a fully-equipped resource for the treatment of mental and spiritual health issues.

www.newlife.com

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