



***Transforming Anxiety* Group Reading Guide**

Dr. Kathryn (Kate) E. Patten

Chapter 2: What Makes You Anxious?

1. The root of anxiety is fear and fear arises when our security or stability is threatened. Fear is primitive, instinctive, and strong. As modern lives become more complicated, things that trigger fear expand in number and magnitude. What are some modern triggers for fear?
2. What is an “anxiety habit”? (p. 26)
3. How can we take responsibility for investing in anxiety thoughts and reactions?
4. Part of our primitive fear response is anticipating danger. When we anticipate danger, our brain is *looking for things to be afraid of*. Think of a situation where your brain was “overdoing the worst case scenario” habit. What caused it? What were the outcomes?
5. What is the difference between true care and overcare? (p. 30)
6. What is “overidentity”? (p. 29)
7. What is “overattachment”? (p. 34)
8. What is an “emotional virus”? (p. 35)
9. How can I relieve or release overcare?