

1. Is there anything that you are presently anxious about?
2. Recall the last three to five times you anxious or fearful. Explain the situation that was involved.
3. What was your thinking for each of the situations in #2?
4. How did you respond to your anxieties? What did you do or not do?
5. What were the results of being sinfully anxious (if you were)?
6. How were you not trusting God?
7. What have you done about those things, situations, or anxieties since?
8. What kinds of things typically contribute to your anxiety?
9. What sins do you commit due to anxiety/ do you lie? Do you fail to do what God wants? Are you irresponsible? Do you become angry? Do you choose not to think of others or love others?
10. Are you sure that you are in good standing with God because you are in Christ?  
Are you confident that you are God's child? On what do you base your confidence?
11. Do you have any unconfessed sin in your life?
12. Keep track of when and why you become anxious in the next two weeks.