

# Understanding Anxiety

*Driving you to achieve...*

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# ANXIETY

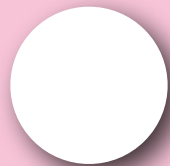
When we understand what anxiety supports us with in relationship, we can finally relax into our lives.

Driving you to Achieve...

Anxiety is a wake up call to focus. It alerts us to the requirements in that moment... That being Grounded Awareness. Anxiety motivates us to move forward, complete our goals and achieve our dreams.

Using anxiety as a channeled energy for accomplishing tasks is healthy. Let anxiety move you into action. Start to see anxiety as a coach that is cheering you toward the finish line.

Anxiety shakes us and says: you are needing to readjust your attention in order to fulfill on the goals that you've set for yourself.



## Anxiety In Relationship:

Anxiety may arise when you are needing to re-evaluate whether the path you are going down with another is congruent with your desired future.

Is this truly what you are wanting? If you create your relationship in segments... on a daily basis and are always aware, asking the question...

What can I create today with my partner so that it is truly fulfilling for each of us? Use anxiety to reflect back to you the integrity of your level of creativity and passion.

ASK: What are you striving to keep alive? Is this relationship guiding you in the way that you would like? What really triggered this feeling?

