

ANXIETY IS A MEANING ALARM.

WHAT ANXIETY REALLY MEANS

Most people treat anxiety like the enemy.

But anxiety usually shows up where you care.

It's not always your brain saying: "We're in danger."

A lot of the time it's saying: "This matters."

HOW ANXIETY SHOWS UP

- ✓ Avoidance
- ✓ Perfectionism
- ✓ Irritability
- ✓ Shutdown
- ✓ Over-Control
- ✓ Distraction

THE REFRAME

You do not have to obey every thought.

You only need to decide what you will do next.



**DIRECT IT.
DON'T OBEY IT.**

HYPER-MENTALIZING

WHEN YOUR BRAIN TRIES TO READ MINDS

SIGNS YOU MIGHT BE HYPER-MENTALIZING

- ✓ replaying conversations over and over
- ✓ “Did I sound stupid?” / “Do you think they hate me?”
- ✓ mind-reading (assuming judgment with zero evidence)
- ✓ over-apologizing / people-pleasing
- ✓ checking phones/socials constantly for “proof”
- ✓ needing reassurance... then needing it again



THE COST:

It makes you stop taking healthy risks.