

# 6-Minute Anxiety Arrester

*“for the Lord has heard  
the cry of your distress”  
Genesis 16:11*

Breathe In-Breathe Out

Wash Over Me

I See You

I Recognize You

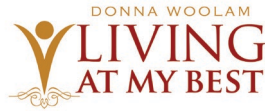
My Thoughts Are My Own

In This Moment, I Choose



*Pain is Expected  
Suffering is Optional*

*DonnaWoolam.com*



I understand your fear. Your pain. Your anxiety. Because I've lived there.

Mind-numbing torment at just the wrong time. The crash of scalding tears while cooking my supper-for one. Waking myself up in the middle of the night with my own cries of pain. Wondering how I'm going to make it through the next 30 minutes, much less the next week-year-or ten years.

But the Holy Spirit helped me to know some things that help, and I want to share them with you today. They may seem too simple or even the last thing you would expect. But I hope you will try them a few times before you decide they aren't for you. And what I believe is that you will discover they are helpful.

#### **STEP 1: BREATHE IN-BREATHE OUT**

*But there is a spirit in man, And the breath of the Almighty gives him understanding. Job 32:8*

At this moment, your heart is pounding, and your mind is screaming. Your brain has gone into fight-or-flight mode and adrenalin is racing through your body. Take 5 slow breaths. Count to 10 as you breathe in—count to 10 as you breathe out, and say the name of the One who saves, Jesus.

#### **STEP 2: WASH OVER ME**

*Then David and the people who were with him lifted their voices and wept until there was no strength in them to weep. 1 Samuel 3:4*

Cry. Wail. Feel. It's okay. You aren't crazy. You will not go mad with the pain. Your heart is broken. Your world is fractured.

#### **STEP 3: I SEE YOU**

*Even these may forget, but I will not forget you. Behold, I have inscribed you on the palms of My hands; Your walls are continually before Me. Isaiah 49:16*

Let the memory sit for just a moment; even the horrible, hard ones. Allow your heart to accept this memory as part of your past. It is a mark that made in your soul. It is a badge of honor you wear, but it doesn't define you or define your future. Out of that memory of the past, you will someday create a vision for the future.

#### **STEP 4: I RECOGNIZE YOU**

*The LORD is near to the brokenhearted and saves the crushed in spirit. Psalm 34:18*

Emotional pain has a pattern. We feel it in different parts of our body, and it gives us clues pain is on the way. So, ask yourself this question: "Where do I feel the pain?" It's why we say "my heart is crushed" or broken.

#### **STEP 5: MY THOUGHTS ARE MY OWN**

*You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Isaiah 26:3*

So my question to you is, what are you thinking? Are you stuck in a mind loop? Are you tormenting yourself? You can make it stop. Think a new thought. Change your life.

#### **STEP 6: IN THIS MOMENT, I CHOOSE**

*Go and speak to David, 'Thus the Lord says, "I am offering you three things; choose for yourself one of them"' 2 Samuel 24:12*

Here in this moment of time, you get to choose whether the fear and anxiety will overwhelm you, or if you will take control and return to calm.

**The 6-Minute Anxiety Arrester Guide is one piece of a 9-step system I've created to help Christian widows find the path from suffering to flourishing.**

**If you are ready to reinvent your world, let's talk. Maybe I can help. Schedule a quick 10 to 20-minute call with me right now. Go to my website at <https://DonnaWoolam.com/Belief-Revolution>. What have you got to lose except the feeling of being alone on the journey?**