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EXPLANATION OF ANXIETY AND HOW MY BODY REACTS:

THE STORY OF CLIDE THE CAVEMAN



Hi, I'm Clide the caveman and it's a great day.



Wooooow.. My day changed and I'm being chased by a dinosaur!!! My life is over and and this is horrible, what if this happens, I can't handle this.... AGHHHHH OH No !!!!!!!!!!! Now I am feeling really worried. My heart is pounding out of my body, my stomach has butterflies and hurts, my head hurts and is spinning, I feel nauseous, my throat even feels tight.



I know that the worse thing is going to happen and there is no other explanation.

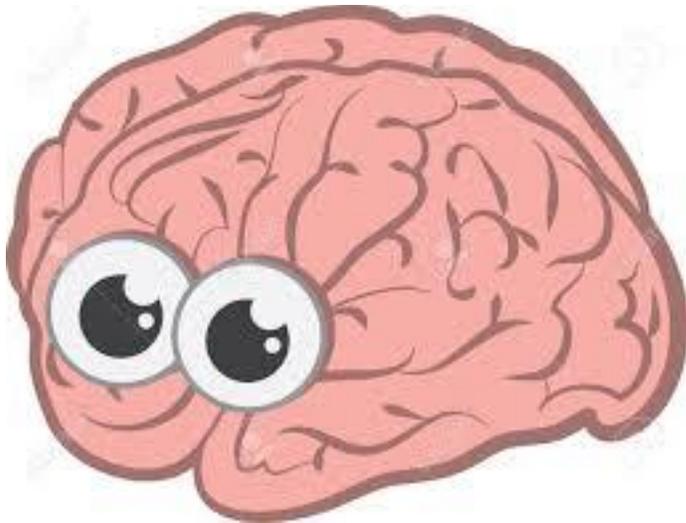


My body goes into protective mode and my heart start pounding because all my blood is rushing to protect me as I am the most important part of the body. Blood is my best friend and it will always come to my rescue and keep me safe. I have to remember this because when this is happening I feel really uncomfortable and it's scary.



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I'm here buddy... I'm coming to the rescue to protect you! I'm your blood buddy. I'm going to race to your heart to protect you. The other parts of your body may feel tingly because I'm moving from one place to another.

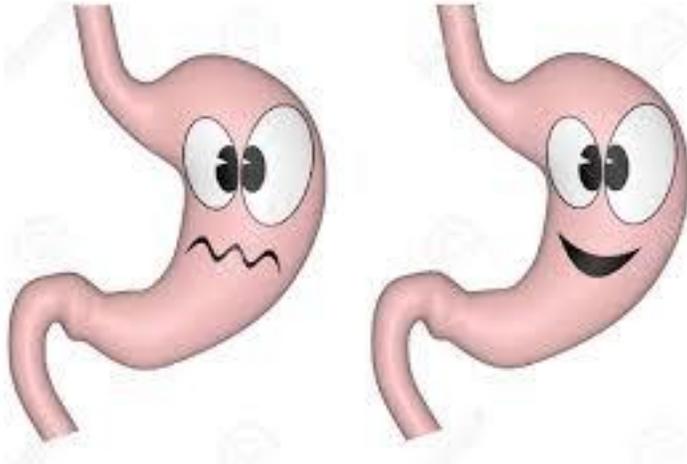


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My brain is on full alert and is also holding strong to keep me safe. My brain is so powerful and alert it will only let negative thoughts in so I can only focus on the danger I may be in. I have to remember not to believe everything I think when I'm worried.



Since the blood had moved from all parts of my body to the heart, I am able to be really strong to run fast and to protect my arms and legs. If I'm running and I get cut, I won't bleed because my blood has mostly gone to my heart freeing me to be safe from cuts and bruises and to be extra fast.



I'm the stomach. I do feel a little queezy and feel like I may throw up, but I know that I really won't because my body is in full alert and is also protecting me. I'm being squeezed to protect myself which tricks me sometimes into thinking that I'll get sick when really, it's a way to keep me safe. It feels like butterflies sometime too.

I DID IT !!!! I HANDLED THE WORRY by facing it and by thinking thoughts to boss back my worries. NOT ONLY WAS IT A FALSE ALARM, BUT SOMETHING GOOD HAPPENED INSTEAD OF SOMETHING BAD.....THIS REALLY SEEMS TO USUALLY BE WHAT HAPPENS.



Here I am with my new pet dinosaur. He sure looked bigger at the time when I first saw him. Darn those worry thoughts that trick my thinking.