



WILLOWS OF GRACE COUNSELING

# Anxiety Toolkit

Four practical, faith-integrated techniques for anxious moments: steady your breathing, challenge the thought, speak truth over yourself, and let go of what was never yours to carry.

## One · Calm My Breath

When anxiety rises, your body speeds up before your mind catches on. Breathing slowly is the quickest way to tell your body it is safe to settle. Try one of these for one to two minutes.

### Square Breathing

- 1 In through your nose for 4
- 2 Hold gently for 4
- 3 Out through your mouth for 4
- 4 Hold empty for 4

*Repeat four times.*

### Breath Prayer

- 1 In: "Be still, and know..."
- 2 Out: "...that I am God."
- 3 In: "You are with me."
- 4 Out: "I am not alone."

*Psalm 46:10*

### Extended Exhale

- 1 Breathe in for 4 counts
- 2 Breathe out for 6 counts
- 3 Let your shoulders drop
- 4 Continue for 1–2 minutes

*A longer exhale calms fastest.*

## Two · Challenge the Anxious Thought

Anxiety speaks with confidence, but confidence is not the same as truth. Take the thought captive and hold it up to the light (2 Corinthians 10:5).

Which pattern does this thought sound like? (circle any)

All-or-nothing

Catastrophizing

Mind reading

Should statements

Fortune telling

Emotional reasoning

Labeling myself

Discounting the good

### Quick Grounding · 5-4-3-2-1

*When your mind is racing ahead, bring it back to this room and this moment.*

5 things I can see \_\_\_\_\_

4 things I can feel \_\_\_\_\_

3 things I can hear \_\_\_\_\_

2 things I can smell \_\_\_\_\_

1 thing I can taste — and one thing I can thank God for \_\_\_\_\_

# Challenge the Anxious Thought

What is the anxious thought?

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What evidence supports it? (facts, not fears)

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What evidence does not support it?

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What would I say to a friend who told me this?

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What is true — and what does God say?

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What is one small next step?

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My anxiety right now (0–10): \_\_\_\_\_

After working through this (0–10): \_\_\_\_\_

*Even a small drop is worth noticing — it means the skill is working.*



THREE

## Biblical Affirmations

These are not pep talks. They are promises. Read them slowly, out loud if you can, and let the truth settle deeper than the fear.

**I am not alone in this.**

ISAIAH 41:10

**God has not given me a spirit of fear.**

2 TIMOTHY 1:7

**I can cast this anxiety on Him, because He cares for me.**

1 PETER 5:7

**His peace guards my heart and mind.**

PHILIPPIANS 4:7

**I am fearfully and wonderfully made.**

PSALM 139:14

**There is no condemnation for me in Christ.**

ROMANS 8:1

**When I am weak, His strength is enough.**

2 CORINTHIANS 12:9

**He is near to me when my heart is breaking.**

PSALM 34:18

**I can come to Him weary and find rest.**

MATTHEW 11:28

**His mercies are new every morning.**

LAMENTATIONS 3:22-23

**Nothing can separate me from His love.**

ROMANS 8:38-39

**I do not have to earn my worth.**

EPHESIANS 2:8-10

### Add Your Own

Write the truths your heart most needs to hear right now — and the verse behind each one.

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FOUR

## What's Mine to Carry?

So much anxiety comes from holding what was never ours to hold. Sorting what you can do from what you cannot is not giving up — it makes room to act on your part and release the rest.

### What I can do

*My honesty, my effort, my next faithful step.*

- Being honest about what I feel
- Whether I breathe before I react
- My next small, kind step
- Asking for help
- What I feed my mind today
- Bringing this to God in prayer

Mine to carry today:

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### What I cannot do

*God's to carry — outcomes, timing, other hearts.*

- How other people respond to me
- The outcome I am afraid of
- What happened in the past
- Whether anxiety shows up at all
- Other people's choices
- The timing of God's answer

What I am releasing to God:

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“Cast all your anxiety on him because he cares for you.”

1 PETER 5:7

*Go deeper at [willowsofgracecounseling.com/surrender](http://willowsofgracecounseling.com/surrender)*