

ANSWER KEY

VIDEO 1. NOTES

Page 6:
anxiety
me
another
others
awareness
thinking about
aware

Page 7:
third
mind
racing
tightening
presence
gospel
freedom
life
false
love
love

Page 8:
awareness
pause

VIDEO 2. NOTES

Page 12:
territory
acute
life
death
calm
chronic
leadership
train
assumption
expectation
belief
need
ourselves
reactive
reactivity

Page 13:
bigger
smaller
notice
name
control
perfection
answer
there
approval
unusual
unusual

Page 14:
power
externalize
tame
assumptions
false
opposite
managed
managing
give
grip
freedom
death
doom

Page 15:
die

VIDEO 3. NOTES

Page 20:

story
meaning
assumptions
inner critic
mistake
condemnation
gospel
know better
doing
much
enough

Page 21:

messages
descriptors
chronic anxiety
gospel
condemnation
presence
greater
gospel
shame
freedom

Page 22:

God
truth
arrogant
condemnation
conviction
responsibility
super-sized
human

VIDEO 4. NOTES

Page 28:

perfection
approval
control
everything
identity
God
human
passive
do
us

Page 29:

self
Jesus
worship
resurrects
forms
reach
anxious
anxiety
false self
flesh
self
free
surrendering
dying

Page 30:

pay
anxiety
died

VIDEO 5. NOTES

Page 34:

universal
detangle
diagnose
values
overreaction
connecting
judgmentalism
grip
connect
triangulation
two
gossip
about
to

Page 35:

information
bind
lose/lose
ourselves
stuck
intentionally
lose
shoulders
heroes
energy
condemnation
kicking

Page 36:

family
liabilities
beauty
liabilities
workplace

VIDEO 6. NOTES

Page 42:

pausing
input
output
neglect
conduit
recipient
worship
with
connect
child
life
love
local

Page 43:

30
2
days
kid
time
money
alive
veil
home
love
proactively

VIDEO 7. NOTES

Page 48:

navigate
lower
codependency
me
engaged
emotionally

Page 49:

reactivity
spilling
catching
expectations
connected
values
vision
reality
Jesus
truth
free
falsehood
understand
end
mine

Page 50:

posture
learn
defend
managed
anxious
connected
aligned

VIDEO 8. NOTES

Page 54:

anxious
body
operating
anxious
think
externalize
peace
name
Life Giving
gospel
truth
lie
falsehood

Page 55:

truth
Christ
super
responsibility
critic
kind
remember