

42 future challenges

for you to know

By working through the exercises in this book, you may have learned a number of ways to successfully manage your feelings of anxiety. While it does not mean that you will never experience anxiety again, it does mean that you have gained valuable coping skills to help you move through your life more peacefully.

Learning ways to cope with anxiety means that an important change has taken place inside of you. You have learned new ways of thinking and behaving that can help you keep feelings of anxiety at a lower level, no matter where you go or what you do for the rest of your life.

Sometimes people think that because they have learned these coping skills, they should never feel anxious again. If they do experience anxiety, they tell themselves that they must have done something wrong, and they become more anxious, upset, frustrated, or depressed. They feel like they have failed at managing anxiety.

It is important to remember that managing anxiety and eliminating anxiety are two different things. Coping skills help you to take care of yourself and keep anxiety from getting too high. But using coping skills does not mean that you will never feel anxious again. There will always be new situations and new challenges in your life. Expecting to eliminate anxiety completely is unrealistic. Thinking this way will set you up to feel like a failure because it is something that is nearly impossible to achieve.

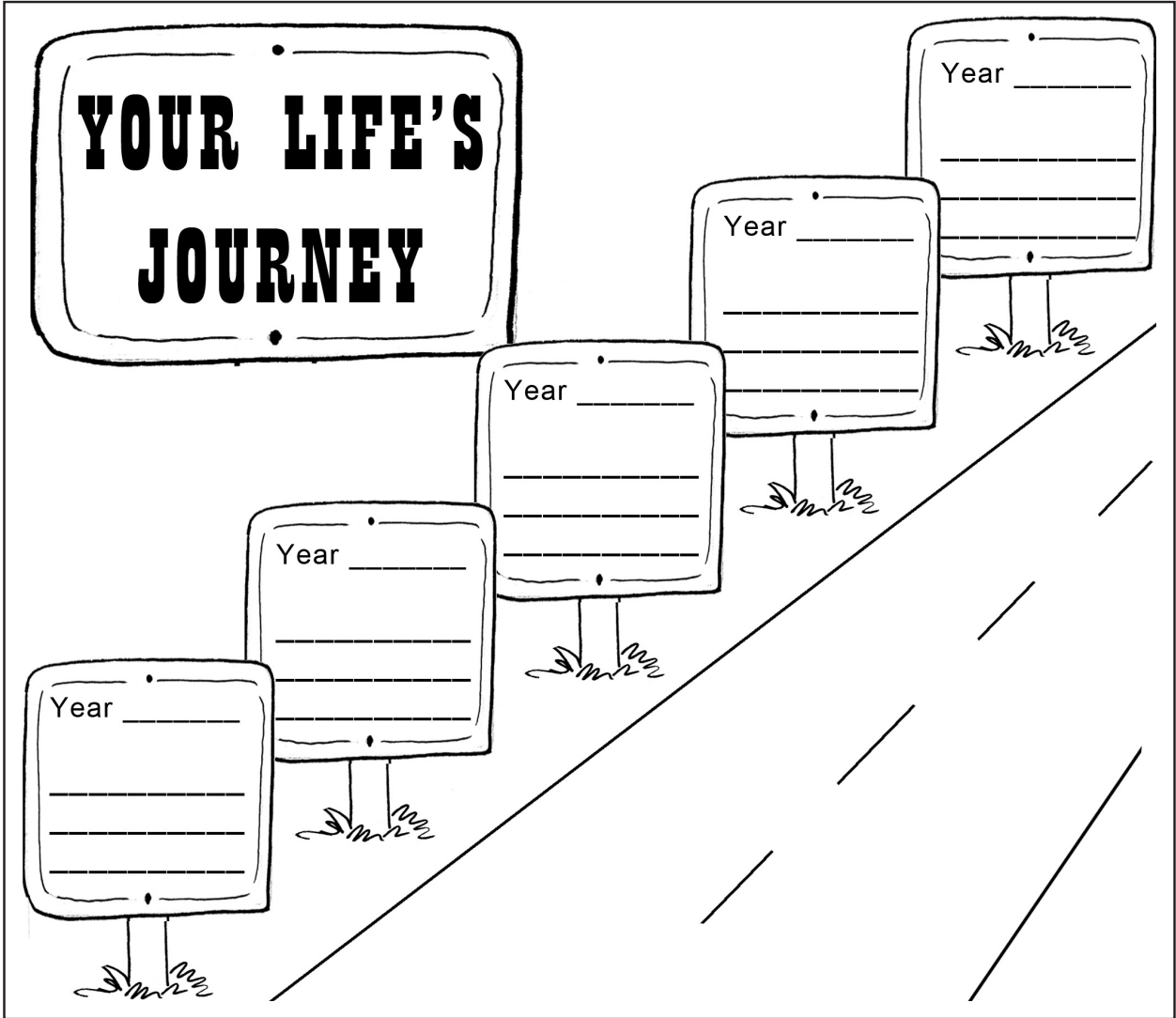
Expecting to use healthy coping skills to keep your daily anxiety level lower and manage higher anxiety when it comes along is a goal that you can achieve. The more you continue to practice managing anxiety through prevention and intervention, the more easily and quickly you will handle new situations when they arise. But keep in mind that you will continue to be presented with new challenges that bring up anxiety for the rest of your life. That does not mean that you have failed; it just means that you are human and alive.

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directions

Write the current year at the far left end of the timeline below. At the markers that follow, write what the year will be one year, two years, five years, and ten years from now.

Inside the first marker, make a list of the challenges that you face in your life today. In the markers that follow, make a list of possible challenges that you might face at each of those dates in the future.



more to do

Tell which anxiety-management techniques you have learned in this book that you think will be helpful to you at the present time.

Tell which anxiety-management techniques you think will be most helpful to you in the future, and why.

Which anxiety-management techniques might you like to learn more about, and why?

This workbook may have taught you some important skills, but it is just a beginning. There are many other books, workbooks, classes, and teachers that you can continue to learn from. Which method is the easiest way for you to learn, and why?

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You have accomplished a lot by working through this book. You have spent time and energy on learning how to help yourself, and that is one of the most valuable investments you can make. It will affect your ability to handle everything else in your life. Congratulate yourself for your work! Then share your accomplishment by telling someone else what you have done.

Lisa M. Schab, LCSW, is a licensed clinical social worker with a private counseling practice in the Chicago suburbs. She writes a monthly parenting column for *Chicago Parent* magazine and is the author of eight self-help books and workbooks for children and adults. Schab teaches self-help and relaxation therapy workshops for the general public and professional training courses for therapists. She received her bachelor's degree from Northwestern University and her master's degree in clinical social work from Loyola University.