

(49) History of Anxiety

Points of Reflection

Video #49: [View/download the video lesson](#)

- ☐ How does an evolutionary perspective of man destroy any hope for overcoming anxiety?

- ☐ List the five stages of anxiety presented in the history of worry.
 -
 -
 -
 -
 -

- ☐ Is it possible to overcome worry? Why?

- ☐ Relate what two things that you have learned from the history of anxiety chart.
 -
 -

☐ **Date Lesson #49 completed** _____