

(53) The Process to Overcome

Points of Reflection

Video #53: [View/download the video lesson](#)

- ☐ Write down at least three reasons why using 'steps' helps us to overcome anxiety.
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- ☐ List the five steps in overcoming anxiety.
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- ☐ Go through the five steps with one current worry issue. Use a past problem if there is no current one for training purposes. How did it go?
- ☐ Which step is the most difficult for you?

- ☐ Do you sense God building up your trust? Relate your experience.

☐ **Date Lesson #53 completed** _____