

Three Levels of Anxiety  
by  
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- Introduction
- Bible Verses
  - John 14:27 – Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.
  - Isaiah 41:10 – Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.
  - Psalm 27:1, 14 – The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid... Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord.
  - Matthew 6:25-34 – Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; not yet for your body, what ye shall put on. Is not the life more than meat, and the body more than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith? Therefore take no thought, saying, What shall we eat? Or, What shall we drink? Or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the

morrow shall take thought for the things if itself. Sufficient unto the day is the evil thereof.

- Anxiety is the feeling of apprehension, misfortune, danger or doom; it is the feeling that something must be done but often not knowing what. It can be intense. Symptoms of anxiety include worry, restlessness, muscle tension, insomnia, anger, and increased feelings of suicidality. Also, anxiety can exist at different levels.

### LEVELS OF ANXIETY

Anxious situations (abuse, abandonment, self image issues, etc.) occur in early life.



Anxiety is created, which I called Anxiety One of childhood.



Anxiety is repressed out of immediate awareness, but still very much present in the canons of the mind.



Then, a stressful situation occurs in the present day life which I called Anxiety Two.



The brain scans its many canons of memories in search of a similar circumstance in the past (Anxiety One) for information on how to respond and feel. Anxiety Two of the present day locates Anxiety 1 of the past, and the brain may over respond since it is reacting to two levels of anxiety.



Then, sensing circuit overload, both Anxiety Two of the present day plus Anxiety One of childhood, are both repressed and then displaced to a phobic fear, an obsessive worry, or to just anxiety over anxiety.



Thus, Anxiety Two plus Anxiety One are repressed and then displaced.



Then, Anxiety Three is created over the anxiety from phobic fear, panic anxiety, obsessive worry, free floating anxiety, etc.

- Indeed, three levels of anxiety may all exist — Anxiety One of the past, Anxiety Two of the present day, and Anxiety Three over the displaced

anxiety. Are you dealing with the right anxiety? Are you dealing with all levels of anxiety that are present?

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- Conclusion