**The Anxiety & Fear Evaluator**

Instructions: At the moment you realize that you are feeling anxious or fearful, take a moment to think through the following questions in order to evaluate how you got to this point and to determine how you need to respond in order to overcome the anxious/fearful thoughts and feelings. By using this tool you will find that you are able to quickly determine the area of disobedience, temptation or weakness that has allowed the anxious/fearful thoughts to take hold.

Evaluation Questions How Am I Doing In This Area? Set A Specific Goal

Scale:

1-Not Practicing At All

2-Practiced Occasionally

3-Practiced a Few Times

4-Practiced Most Times

5-Practiced Regularly as Needed

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| |  |  |  | | --- | --- | --- | | **Evaluation Questions** | **How Am I Doing In This Area?** | **Set A Specific Goal** | | | |
| Am I obediently following the principle of right praying, right thinking and right acting? Philippians 4:6-9 |  |  |
| Have I prayerfully given God my concerns thanking Him for His past, present and future faithfulness? |  |  |
| Am I focused on the reality of God's love for me and that perfect love casts out fear? 1 John 4:17-19 |  |  |
| Have I reminded myself that I'm a new creature in Christ and free from any yoke of bondage? 2 Corinthians 5:17; Galatians 5:1 |  |  |
| Am I drowning out negative, anxious, fearful thoughts by focusing on Biblical truth? Romans 12:2 |  |  |
| Am I overcoming fear and anxiety in my life by determining what is my responsibility and by following through on my responsibilities? |  |  |
| Have I taken steps to learn (review) that I'm accepted, secure and significant in Christ? Romans 5:1 |  |  |
| Have I established the right goals in my life of developing godly character (2 Peter 1:5-8)? Have I been careful not to raise a *Godly Desire* (something I can't control) to a *Goal* ? |  |  |

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| Am I learning and practicing contentment in my present circumstances? Philippians 4:11 |  |  |
| Am I fearing God more than I'm fearing man? Proverbs 29:25 |  |  |
| Am I making God my refuge, stronghold and strength in times of trouble? Psalm 91 |  |  |
| Am I confessing fear and worry in my life as a sin, recognizing that worry shows a lack of faith? Matthew 6:28-34; Philippians 4:6 |  |  |
| Am I putting off sin (Ephesians 4:22), renewing my mind (Ephesians 4:23) with the proper mindset (Romans 8:13) and putting on righteousness and holiness (Ephesians 4:24)? |  |  |
| Am I meditating on the truth of God's grace given to me  (Colossians 1:6) and recognizing that God has legally declared me  "not guilty" because of the finished work of Christ? Romans 5:1-2 |  |  |
| Am I focusing upon eternal rewards (1 Corinthians 3:11-15) and the hope laid up for me in heaven (Colossians 1:5)? |  |  |
| Have I taken steps to repent and resolve personal and spiritual conflicts in order to be free in Christ? 2 Timothy 2:24-26 |  |  |
| Am I guarding my heart and treasuring God above everything else? (Proverbs 4:23) Am I quickly recognizing any idols in my heart and confessing them as sin? |  |  |
| Do I start my day by putting on the full armor of God?  Ephesians 6:10-17 |  |  |
| Am I submitting to God and resisting the devil out loud? James 4:7 |  |  |
| Am I taking every thought captive to the obedience of Christ?  2 Corinthians 10:3-5 |  |  |

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| Have I determined in advance what my response will be to any fear object? |  |  |
| Am I building a stronghold of faith in God by mediating on Scriptural truth? |  |  |
| Am I focusing on God's attributes, names and past faithfulness to me? |  |  |
| Am I regularly fellowshipping in a community of faith? Hebrews 10:25 |  |  |
| Am I worshipping God on my bed at night in order to enhance peaceful sleep? Psalm 42:8 |  |  |
| Have I prayed and asked God to give me a deep reverence for Him that would cause me to tremble before Him because of His righteous judgements? Psalm 76:7-9 |  |  |
| Have I put my complete faith and trust in God alone rather than any earthly created thing that will fall when shaken? |  |  |
| Am I genuinely concerned for the welfare of others or am I only thinking about my own troubles and circumstances?  Philippians 2:3-4 |  |  |
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| **TOTAL Points** Am I improving over time? |  | **Date Completed:** |