

How the Way You Respond to Anxiety Changes Your Life

1. In large part, we are _____ by our anxiety to make choices that will _____ our anxiety, but arguably, if we have lived and thought long enough about this, we realize we have and will remain _____ to a life inescapably _____ by at least some form of it
2. In order to _____ any sense of power over our life and _____ any meaning of self, we must retain an ability to move _____ and act in the face of this anxiety
3. If life is a _____ of impossible decisions _____ by uncertainty, we might as well attempt to _____ it by at least making decisions that pursue the greatest and most interesting heights and _____ of the unknown we are capable of traveling
4. Why did Kierkegaard find himself disliking historical and philosophical works?

5. Does anxiety denote only bad things?

6. Why do people try to avoid the feeling of anxiety?

7. Follow the link and determine your level of anxiety. Comment the result, do you agree with it?