10 skills you can learn, develop, and implement to face your fears, and beat anxiety

1. **Choose something that matters more**.
   Why you want to beat anxiety, why you're willing to experience anxiety if allowing yourself to feel it, opens up all the good things in your life (Nietzche said, "He who has a WHY can endure and HOW")

2. **Practice willingness.**
   Anxiety is uncomfortable, but it isn't dangerous. It's not fun, but it's not necessarily bad, either. I don't like it, but it won't injure me. Adopt/practice a non-judgmental attitude towards it. It's ok to feel it sometimes – worth it to live the life I want. (sit with it, meditation/mindfulness practices help, distress tolerance building, grounding and self-regulation activities – calm and soothe your body.

3. **Build emotional muscles.**
   The more you practice putting yourself in stressful/anxiety filled situations, the easier it becomes.

4. **Let go of perfectionism.**
   Replace this with a Growth mindset. (no comparison). Allow yourself to mess up. Share mistakes you make with someone you love.

5. **Let go of the belief – "I can't handle it."**
   (linked to perfectionism)
   "this shouldn't be hard for me"
   "this should be easy and comfortable."
   I can do hard things.

6. **Change how you see situations**.
   Intervening at thought level. This can be done in the moment (during anxiety), but is best when you've done the pre-emptive/preventative work. Imagine the best – safe, non-threatening environment, not the dangerous, threatening one. Perceived vs. actual threat.

7. **Take one small step every day.**
   Write down fears, and break them into tiny steps.

8. **Stay with your fears until you calm down.**
   (set a time limit, and stay with it). One thing that always increases anxiety is saying, "if I get too anxious, I'll leave."

9. **Get support.**
   This will help you face your fears…friend/pastor/therapist. Hold you accountable or hold your hand.

10. **Be compassionate with yourself.**
    Give yourself credit for progress/growth.