

Anxiety

Healing for
***Performance
Oriented
Perfectionists***



Style of writing!

I love bullet points!

Don't talk me to death.

Give me your bottom line first and then make your explanation brief.
That is why:

- My table of contents gives the main subjects!
- The Intro. briefly answers each question in the booklet.
- The chapters are brief studies, filling in each point.

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1. The **Difference** between **Anxiety** and **Depression**

You can have both.

(Expanded study in chap. 1 – pg. 1)

2. What **Dramatically Changed** my **Perspective!**

It is not easy for an “A” student to settle for a grade of “B”

(Expanded study in chap. 2 – pg. 3)

3. **Paul’s Strategy Step** in **Philippians!**

A small step forward is still a step forward.

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4. **Now I can Say** the **Words!**

After these other lessons, I was able to say: “I Trust You”.

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Four distinct factors produce four different outcomes.

(Expanded study in chap. 5 – pg. 11)

6. **Learn by Watching Others**

After these other lessons, I was able to say: “I Trust You”.

(Expanded study in chap. 6 – pg. 13)

7. **Specific Types** of **Anxiety**

Social, School, Workplace, and Health Anxiety.

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8. **Restoring Your Soul**

Now is the perfect time to search out the meaning of life!

(Expanded study in chap. 8 – pg. 17)

Chap. 1

The **Difference** between **Anxiety** and **Depression**

Many people have **BOTH** Anxiety and Depression.

However, they are very Different from each other.

- **Anxiety** usually comes from an **overly developed** sense of **Feeling RESPONSIBLE** for other people or situations.
- **Depression** is a sense of **HOPELESSNESS!**

Anxiety almost always includes Depression.

When someone has an Overly Developed sense of Responsibility from the root of being a Performance Oriented Perfectionist, you **NEVER** get to **REST**, and you **NEVER** feel **SUCCESSFUL!**

Because you never rest or succeed, it is a **slippery slide** into the Hopelessness of Depression.

Research statistics indicate that **over 80%** of those who have long term **Anxiety also** have long term **Depression**.

In cases where **BOTH** Anxiety and Depression attack a human soul, the **SOLUTION** is to **conquer Anxiety**.

Depression without Anxiety

Many people can have **Depression without any** symptoms of **Anxiety**.

Depression is much more of a **wide-ranging** mental battle.

Healing from Anxiety is a Tremendous Witness for Jesus.

If you are **reading** this booklet because you want **more freedom** from **Anxiety**, the **Lord Jesus** is **SUPER PROUD** of you. As you let Jesus heal you, others will notice the change and know that it was Jesus inside you.

What **Dramatically Changed** my **Perspective!**

I Hated it when people told me to just “LET IT GO”

There are **many verses** about **Conquering Anxiety** in the **Bible**.

These verses simply **Increased** my **Self-Condensation**.

*I Pt. 5:7 **Cast** all your **Anxiety** on **him** because he cares for you.*

*Phil. 4:6-7 Do **Not** be **Anxious** about **Anything**, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus*

*Mt.6:34 Therefore do **Not** be **Anxious** about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.*

The **verse** that really **destroyed** me was Ephesians 6:13. This verse is about **Winning Spiritual Battles**. This verse only **Increased** my **Anxiety**.

*Eph. 6:13 And **AFTER** you have **Done Everything** to **Stand***

My **Fellow** Performance Oriented Perfectionists can guess my reaction.

I wanted to **SCREAM**...

How can I **Stand** when I **Never Know** if

I have “**Done Everything**”?

I can **ALWAYS** think of **MORE**

that I **Could** have **Done!**

What Jesus said to this *Straight A* Student

All through school, I was expected to make straight A's on every report card and I almost always met that goal.

When I **personally graded** my **effort** and **success** in **any area of life**, I did **not** just want an A.

I wanted a grade of **98**, preferably a **99** and it would be **best** if I could score a **100** and **get everything done right**. If I was scoring 99.2, I wanted to raise my score and do better.

Then one day, during prayer time, I felt in my spirit like the Lord Jesus spoke directly to me. What Jesus said to me **Forever Changed** me!

It felt like Jesus said to me:

“John, you keep **trying** to **score** a **100**.

I only want you to **aim** for a score of **85**”

Words cannot describe how **SHOCKED** I was by this word from the Lord. If Jesus had not explained this direction, I would have completely ignored this sense of Jesus speaking.

However, what the Lord Jesus shared next was so full of wisdom and Biblical clarity that I finally understood the Lord's perspective on Anxiety.

Jesus showed me two more things!

1. Jesus showed me that I will **never know** the **full effects** of my **words** and **actions** for 20 years.

There are **so many scriptures** that emphasize that it takes decades to understand everything the Lord is doing in a situation. Jn. 13:7, Gal. 3:17, Heb. 4:7, 11:18, 12:11, Jude1:5, Rev. 1:19.

I have personally experienced hundreds of situations where I could **NOT** see all that the Lord was doing until decades later.

I felt like the Lord had explained to me that the **first 85%** of **effort** and **actions** involve the **sure steps** that we know are solid and wise.

However, the last 15% involves **actions** that **may** make things **BETTER** but also **may** make things **WORSE**! I **won't know** for **10-20 years** if that **last 15%** made things better or worse.

2. Jesus showed me that the **Most Important** attitude I can adopt with my last **15%** of my effort is to **Choose** to be **CALM**.

*Eccl. 10:4 **Calmness** can lay **Great Errors** to **Rest***

*Ps. 131:1-2 My heart is not proud, Lord, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me. But I have **Calmed** and **Quieted myself**, I am like a weaned child with its mother; like a weaned child I am **content**.*

Jesus showed me that the thing I could do that would **most HELP** the **situation**, ... after I have given a “**Good**” (Grade **85**) effort, was to be **CALM**.

A **CALM** attitude would **always** bring **positive** results **20 years** later. A **CALM** attitude **always HELPS** any situation.

- I **used** to think that calmness was **apathy**.
- I **used** to think that calmness was being **Passive**.
- I believed that calmness indicated that I did **Not Care**.
- I believed that calmness was being **Lazy**.

After the Lord spoke to me, I saw that **calmness** is a **WEAPON** that **helps** every situation and person. Calmness is the one thing I can do that will **guarantee positive results** in **20 years**.



- i. The **more** I operate in Calmness, the more I will **look back decades later** in the rearview mirror and believe that I **did RIGHT!**
- ii. The **more** I operate in **Calmness**, the more **likely** I am to make **wise decisions**.
- iii. Best of all, the more I **look back** at **Calmness**, the more I will see Calmness as **FAITH** in **Jesus**.

Chap. 3

Paul's Strategy Step in Philippians

Many Christians are aware of Paul's exhortation in Philippians 4.

*Phil. 4:6-7 Do **Not** be **Anxious** about **Anything**, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus*

When I realized how much Phil. 2 is **CONNECTED** to Phil. 4, I saw that Paul was extremely **STRATEGIC** in his battle with Anxiety.

*Phil. 2:28 Therefore I am all the more **Eager** to **Send** him, so that when you see him again you may be glad and **I may** have **Less Anxiety**.*

From Paul's writings in Philippians, I learned a key strategy step when battling anxiety.

I find **ONE** thing on my list
that I can **COMPLETE** immediately.

Paul admitted that his goal was to have **LESS** Anxiety. That is so humble and real.

Paul knew that completing **one thing** on his list would give him **LESS** Anxiety. With honest transparency, he admitted that sending back Epaphroditus would lessen his anxiety.

It is **AMAZING** how much **lighter** a heart becomes with just **ONE** area completed.

With the context of Philippians 2:28, we can see that part of Paul's praying and petitioning God **INCLUDED** asking Jesus for a **STRATEGY** of **One** Thing I can **complete today**.

This Single Strategy Point of finding one thing to complete immediately has led me to Four More Strategy Points.

i. **Writing** Down a **“To Do”** List **calms** my mind.

When the things I need to do are only in my head, they loudly distract me. When I write them down, they are so much less noisy.

ii. Once I have a written list, it is much **easier** to **plan** and to see **which items** can be **completed most quickly**.

iii. Once I have a list, I can **give myself permission** to **move** some items to a **different day**.

It is shocking how much lighter I feel to have “To Do” items scheduled for a different day.

iv. These **lists** often **lead** to building **Systems**.

Many times, high anxiety people **discover** that they have great **administrative gifts**.

The more our over-active minds write down things we want done, the more we **form systems** to organize ourselves and others for easier productivity.

Chap. 4

Now, I can Say the Words!

I started with these three insights.

1. Only the “**Good**” and Obvious Grade B (85 score) is **assured** to **help**.
2. Beyond that “Good” effort, the best way to use the **last 15%** is to use the **weapon** of **Calmness**.
3. When, praying and petitioning with Thanksgiving, I ask Jesus for **One Thing** I can **complete today**, along with my written lists

After these three, I was able to take step # 4.

4. The fourth step is to say **OUT LOUD** the powerful words:
“I Trust You.”

Scripture is clear and strong on how much POWER is released when we say those words of Faith.

*II Cor. 4:13 It is written: “I **Believed**; therefore, I Have **Spoken**.” Since we have that same spirit of faith, we also **Believe** and therefore **Speak***

There are hundreds of areas where I can battle anxiety. Those first three steps always give me room to breathe.

The fourth step then releases faith in my heart.

Saying it More Often Increases our Faith each Time!

Saying the words “*Jesus, I Trust You*” just one time makes a huge difference.

The exciting revelation is to realize that **EVERY TIME** I say those words my **Faith** gets **stronger** and my **heart lighter**.

Chap. 5

How do I **Respond** when **Things** go **Wrong**!

Four distinct factors produce four different outcomes.

- i. When things go Wrong and it is **NOT** my **Fault**, but **Blamers** are around.
- ii. When things go Wrong and it is **NOT** my **Fault**, and I am in a **Safe** Environment.
- iii. When things go Wrong and it **MAY** be **PARTIALLY My** Fault!
- iv. What can I **Say BEFORE** things go Wrong?

- i. When things go Wrong and it is **NOT** my **Fault**, but **BLAMERS** are around.

Blamers love to Blame! When things go wrong, Blamers often seek out high anxiety people to blame! These unsafe environments can be in a home, a school, a ministry, a work or a friendship situation. In these cases, it is best to flee as soon as possible. There is nothing more toxic than for a high anxiety person to be around a Blamer.

- ii. When things go Wrong and it is **NOT** my **Fault**, and I am in a **Safe** Environment.

In Safe Environments, when things go wrong, high anxiety people are often **great blessings**. Because most high anxiety people **love** to **help** and to **fix** things. We can be the first to volunteer, the first to take initiative and the hardest workers to resolve mistakes.

- iii. When things go Wrong and it **MAY** be **PARTIALLY My** Fault.

This is where we can fight panic attacks. When things go wrong, it is **usually** a **COMBINATION** of **multiple** people making mistakes. For the **high anxiety** person, if we have **partial** fault, it **feels** like **TOTAL** Fault.

Dealing with the anxiety of having some measure of fault when things go wrong is one of the **greatest opportunities** for **HEALING** for those who battle Anxiety.

Overreactions Magnify the Problem.

Humility is appropriate when we make mistakes. A brief apology is very godly. What is **Godlier**, however, is to **want to learn** from the mistake and to **fix** the situation. The best **measure** of humility is willingness to learn from our mistakes and to move forward.

When we are overly **shaken**, **distressed** and **horrified** by our mistakes, we **DISTRACT** from **Solutions** and **MAGNIFY** the **PROBLEM**.

This **overreaction** is **NOT** an attractive picture, and it does **NOT help** those **around us**.

Thankfulness, Confidence & Cheerfulness Bless those around us.

I recommend the **booklet** on **Thankfulness** as an excellent additional study. By **watching others**, we will find people who are **humble**, **cheerful**, **thankful** and **confident** when they make a **mistake**. They bring **delight** to everyone around them. They move **quickly** and **calmly** toward **solutions**.

iv. What can I Say **BEFORE** things go Wrong?

I have studied great leaders and they always **EXPECT** things to go **Wrong** and **Declare in Advance** the **Attitudes** that will **guide** their team **when things go wrong**. They are determined to always **“Fail Forward”**.

This attitude has greatly helped me reduce my anxiety.

For instance, I have done hundreds of wedding ceremonies. During the **rehearsal**, I always assure everyone that we will **do our best** to have a smooth and wonderful ceremony. However, **sometimes** things go **wrong**.

I tell them that if **anything goes wrong**, we will **fix** it, **laugh** about it and it will be our **favorite memory years later**.

I recommend the booklet on **Expectations** to understand more about this method of **declaring** these **attitudes BEFORE** things go wrong.

Chap. 6

Learn by watching others!

The scriptures constantly remind us to learn by watching others. Ps. 1:1, Ps. 26:4-5, Prov. 12:15, 12:26, 13:20, 22:24-25, 24:30-34, I Cor. 10:11.

Here are four things we can learn by watching others.

1. **I Don't Expect Perfection** from Others.

Double Standards do NOT please Jesus.

Jesus wants me to treat myself with the same mercy and grace that I give to others.

2. Expecting **Perfection** of myself can lead to a **Critical Spirit**.

Giving myself permission to be overly hard on myself is a critical spirit. If I embrace a critical spirit toward myself, I will eventually have a critical spirit toward others.

3. **Asking for Help** can **greatly Bless** those around you.

I greatly appreciate it when others ask for my help.

It can be a point of pride to refuse to ask for help.

4. **“What If’s”** are poison to our souls.

In the same way that saying, *“I Trust You”* sets our hearts free, the words *“What if?”* are poison.

When others say the words *“What if?”* most people instinctively want to move away from that person. This is a person who is INVITING fear into their lives, and they tend to be very irrational.

Seeing that scary spiraling in others can help us recognize how damaging it is to play with those dangerous thoughts.

It is sometimes necessary to consider a worst-case scenario and to make a plan – just in case it happens. In the booklet on “Fear” we study how to face the worst situation, form a realistic plan and then to trust the Lord with His Plan for our lives.

Specific Types of Anxiety

1. **Social** Anxiety

I battle a massive amount of Social Anxiety. That gives me great mercy for those who also battle Social Anxiety. Here are the few things that help me.

- i. I **AVOID** social situations when I can.
- ii. When Social Situations are **important** such as Church and Family Gatherings:
 - a. I **plan ahead** to keep people around me who help me **relax**.
 - b. I also try to line up **specific tasks** that can **keep** me **busy** during that social situation.
 - c. I also **leave** as **early** as **possible**.

2. **School** Anxiety

When anxiety is related to **grades**, I always try to recommend **counselors** who can talk you through the pain of **overly high self-expectations**. In addition, a quality counselor can work with you on **habits of study** that permit you to be more confident. Tutoring can make a dramatic difference also.

3. **Work** Anxiety

Everything in this booklet helps with Work Anxiety. However, in today's mobile environment, many have learned that earning a little less is worth the financial difference if you can have a work environment that promotes soul safety and encouragement.

4. **Health** Anxiety

Our bodies eventually betray all of us. Anticipating the shock of bad news can make anyone a nervous wreck.

Here are 2 thoughts that may help.

- i. Study about Heaven. We have booklets on "Confidence in Heaven" and "What Will Happen in Heaven." Our bodies breaking down is God helping us to be hungry for heaven.
- ii. Be careful about too much media influence causing Fear.

Chap. 8

Restoring Your Soul

*Ps. 23:2 He **Restores** my **Soul***

King David used a special word when he talked about how God wants to Restore our Souls. The word “**Restore**” means to

“Return to its Original Purpose”

There will never be a better time for you to draw close to Jesus.

May I offer you **Four** helpful **options**?

Option # 1

**5 Short Booklets on
Researching Jesus & Christianity
Skim in 5-10 minutes each.**

I personally was **not** raised in a **religious** home. As a teen I spent 5 years deeply investigating **every world religion**. Because I desperately wanted clear, logical, provable answers to hard questions, I want to offer that same blessing to others who are seeking. That is why I wrote booklets that can be **SKIMMED** in **5-10 minutes**.

1. **Christianity** - The **ONLY** Logical Religion
2. **Hell** – Why Would a Loving God Create an Eternal Hell?
3. **The Blood of Jesus** – The Most Powerful Words Ever Spoken.
4. **The Cross** – The Story of the Last 24 hours
5. **Test Yourself** – Do your Life Goals bring you LIFE?

Even if you were raised in church and are passionately committed to Jesus, you will find yourself greatly encouraged by these booklets.

If you are not as familiar with Christianity, you will find yourself fascinated by these booklets.

Why not use the pain of your anxiety to search out the deepest questions of why you were created and what your eternal purpose is.

Option # 2

**One Short Booklet on
Bible Reading –
The Secrets to Sweetness in God’s Word
Skim in 5minutes!**

What a perfect time to find peace and strength through God’s Word. If you do not have a Bible, we would be thrilled to give you one for free.

Option # 3

**Serving in a
Healthy Bible Believing Church**

None of us are **meant** to just **Attend** Church.

Church is meant to be a place where we **all serve each other** and those **outside** our church. There are few things more healing than serving others.

The person giving you this booklet would be thrilled to help you find a family in our church or another great church. There are so many wonderful, healthy, Bible believing churches.

This is the perfect time to find a new family in a great church.

Option # 4

**Go through an
Inner Healing Course**

Our church has an amazing course called “Freedom Class.”

In this class we learn how to receive and give forgiveness, break generational curses off our lives, understand our habits and why we react in certain situations and how to find Freedom in Jesus

Again, there are so many wonderful, healthy, Bible believing churches that we would love to find another church that has a great Inner Healing Course if you prefer to go to another church.

Conclusion – This is Just a Start

This is a very brief introduction to a very complex and personal journey. We have many other resources but most of all we recognize that you need love, support and encouragement.

We also have 100+ booklet studies coming out.

Here is a sample list of 10 of our booklets.

1. Bible Reading:

The Secrets to Sweetness in God's Word!

This study shows how a One Year Bible enables you to cover the entire Bible in one year. In addition, it shows how hunger-based reading is so different from performance-based reading.

2. The Blood of Jesus:

The Most Powerful Words Ever Spoken

This study teaches us to daily live with a clean heart and to keep short accounts when we stumble.

3. Bosses - What They Wish You Knew

This study gives us a bigger picture of the pressures and responsibilities that are carried by every boss.

4. Christianity – the ONLY Logical Religion

This study compares Christianity to all other religions and shows why only Christianity answers the hard questions.

5. Conflicts – How to Remove All Strife from My Life!

The Bible teaches that truth is a belt, and our perspective is a belt loop.

6. The Cross – The Story of the Last 24 Hours

This study combines all four gospels to examine the last 24 hours and what happened on the cross.

7. Grace – the Power to WANT to do Right!

This study teaches us to release God's Grace constantly so that God can change our hearts and give us HIS desires.

8. Marriage – 3 Bottom Lines!

Six times the Bible says that the purpose of Marriage is for the two to become one.

9. Science & the Bible – How They Agree

Many modern scientific breakthroughs were predicted and practiced in the Bible thousands of years ago.

10. Test Yourself:

Do your Life Goals bring you LIFE?

Finish the sentence “*I Want ...*” and see what you get.

Our goal is to provide

Short Starter Studies on Sensitive Subjects
that **Stir & Stimulate** your **Bible study**
toward **Biblical, Practical Information**
that show that **Jesus** has **Great Answers**
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