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Fullerton Free **October 2022**

"Do not conform to the _____ of this world, but be transformed by the _____ of your mind. Then you will be able to test and approve what God's will is – His good, pleasing, and perfect will." – Romans 12:2 (NIV)

Stress vs. Anxiety

- Stress or everyday anxiety:
  - A response to a known environmental factor
  - Symptoms usually go away when the stressor goes away
  - Something we all experience at some point in our life
  - Can be motivational
- Clinical anxiety:
  - Can occur with chronic stress, a major stressful event, or it can occur when there is no identifiable stressor.
  - Symptoms persist even after the stressor has passed.
  - Symptom intensity is exaggerated comparted to what one could expect in a particular situation.
  - Causes significant distress and interferes with your daily life.
  - Is not motivational.
  - Is perpetuated by avoidance

Key point: Stress or everyday anxiety is a _____ and high levels of anxiety is a _____.

Fight, Flight, or Freeze

_____ = body's anxiety switch

_____

_____ _____

Identity
Change your _____, change your _____.

Identity = Chemistry + Connections + Circumstances + Consciousness + _____

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Discussion Questions:

1. What's the main impact you want to make in your life?

2. Why is making this impact important to you?

3. What character traits are needed to make this impact?

Mission Statement:
"To (main impact) by being (character traits) so that (reason why)"