

The Phenomenology of Anxiety (General)

Internal

Time: Future-oriented

Internal vocabulary: "What if..."/"Get away"/"It will never end"/

"I can't stand it!

Expectation: Catastrophe

Process #1: Agitate; "Looping." Worry.

Process #2: Change a possibility to probability; the "Stephen King technique."

Process #3: Overwhelmed

Process#4: Minimize personal resources

Perception: hyper-vigilant to cues and sensations

Perceptual process: Magnify threats; magnify sensations

Behavior: constrict/limit/suppress; disintegrate (panic)

Tempo: Move faster

Absence #1.: Failure of reassurance

Absence #2.: Toleration

Cognitive distortions: Magical thinking (especially for obsessions)

Belief system: Unsafe; "Be on guard."

Affective: Anticipatory anxiety

Self-esteem: Inadequacy

Grammar: !!!

Memory: Flashbacks

Memory Process:

Existential: Crisis of faith

Attention: External for threat

Thoughts: Incapable of coping

Physiology: Too much activation

Cognitive: Thoughts of threat

Biological: Over-activated

Attitude: Shame; hopeless

Spiritual: Lack of faith

Sensory System: Visual for threat

Internal Imagery: Looming fears

Posture/Gesture: Vigilant; All ears and eyes.

Energy demands high

Metaphor/Analogy: Tingling all over

Social/Interpersonal

Defensiveness

Distance: Social withdrawal; disconnect; depersonalize

Hiding; Shame

Family Heirloom; loyalty

Victim Role; helpless

One-down

Intropunative; self-aggression

Emit energy

Triangulation; hopeful grasping

Other systemic functions

Vigilant