

Anxiety: Is Treatment Right for You?

Hey, Roberta. Got a minute to talk about your report ... I've been thinking that.

I bet he thinks it's terrible ... Why didn't I send it to Jo for feedback ... She always tears everything apart ... Oh boy, is he looking at my hair? I'm such a mess.

I'm really happy with how it looks. You bring so much knowledge and experience to the team. So, thank you.

I think I may really need to talk to someone. I can't hear the good things *at all* anymore.

That was me before I got some help ... overwhelmed by constant worries that I couldn't stop.

I told my best friend about the talk I had with my boss. I was sweaty and nervous. When I finished, she asked me ... in a very kind way.

"Roberta, what would your life be like if you didn't worry so much?"

After thinking about it, I decided to call my doctor and find out what I could do about my constant anxiety.

Now that I'm getting some help ... when my boss comes by to check in ... I don't immediately assume it's because I'm doing something wrong. And I can actually *hear* most of what he says.

So, think about what kinds of training you'd like to do next year. There are some good ones.

Oh great, I need more training ... I'm clearly not qualified ... Whoa ... wait ... He's always telling me how valuable I am. He's probably just trying to be a good manager.

That's great. You know I'm always interested in learning new things. I'll watch for something.

Excellent. It was really hard for me to accept that I needed help. But because of treatment ... for the first time I *got it* ... I'm not a bad person or a failure.

I just needed some help to be the person *I* really want to be.