



Dr. K's Guide to Mental Health

Anxiety Module | Solutions to Anxiety | Worksheet

Exercise: Let's analyze our anxiety in terms of our ego and in terms of karma fal (the fruits of our actions). Repeat this worksheet for each of your anxieties.

1

Describe one of your anxieties.

2

How is our sense of identity related to our ego? What are we afraid people will think of us, or our identity, if the anxiety comes true?

3

What is the outcome your anxiety is trying to prevent? What does your anxiety tell you to do to control something outside of you?

4

What does "surrendering" in this case look like? What is the action that you can take, or the action that you should take?

(Note that surrender doesn't mean "giving up" or not trying. It simply means devoting to the right action. Karma fal is about devoting yourself to the action because it is important to do. Don't get caught up on the outcome.)