

# 8 Ways Anxiety Shows Up



1. **ANGER** - The fear response is ignited when anxiety is felt. That response can show up as an intensely mad or angry feeling.



2. **Chandeliering** - This reaction is often called “flipping your lid”. The individual has stuffed the anxiety and then it’s like their lid flips open in a matter of seconds.



3. **Negativity** - Anxiety will often show up as having a “glass half full” type view on life. It is difficult to see any positive in any situation when a person feels anxious.



4. **Avoidance** - This type of behavior can also appear as stalling. It can often feel overwhelming to complete even simple tasks.



5. **Lack of Focus** - Often an anxious individual finds focusing challenging. Their negative thoughts will overtake their headspace causing distraction on the task at hand.



6. **Defiance** - When anxiety is present, the individual will appear as strong-willed. The fear ignites a feeling of wanting to control all around them; therefore, the person does not want to comply.



7. **Difficulty Sleeping** - The central nervous system is in overdrive when anxiety is present. Due to the hypervigilant state, the person may not be able to settle down to sleep and/or cannot stay asleep.



8. **Perfectionism** - The feeling of out of control due to the anxiety can cause an individual to overplan and strive for perfectionism.