

# Can I Be Anxiety Free?

How to 'Be Not Afraid' in  
Our Modern World

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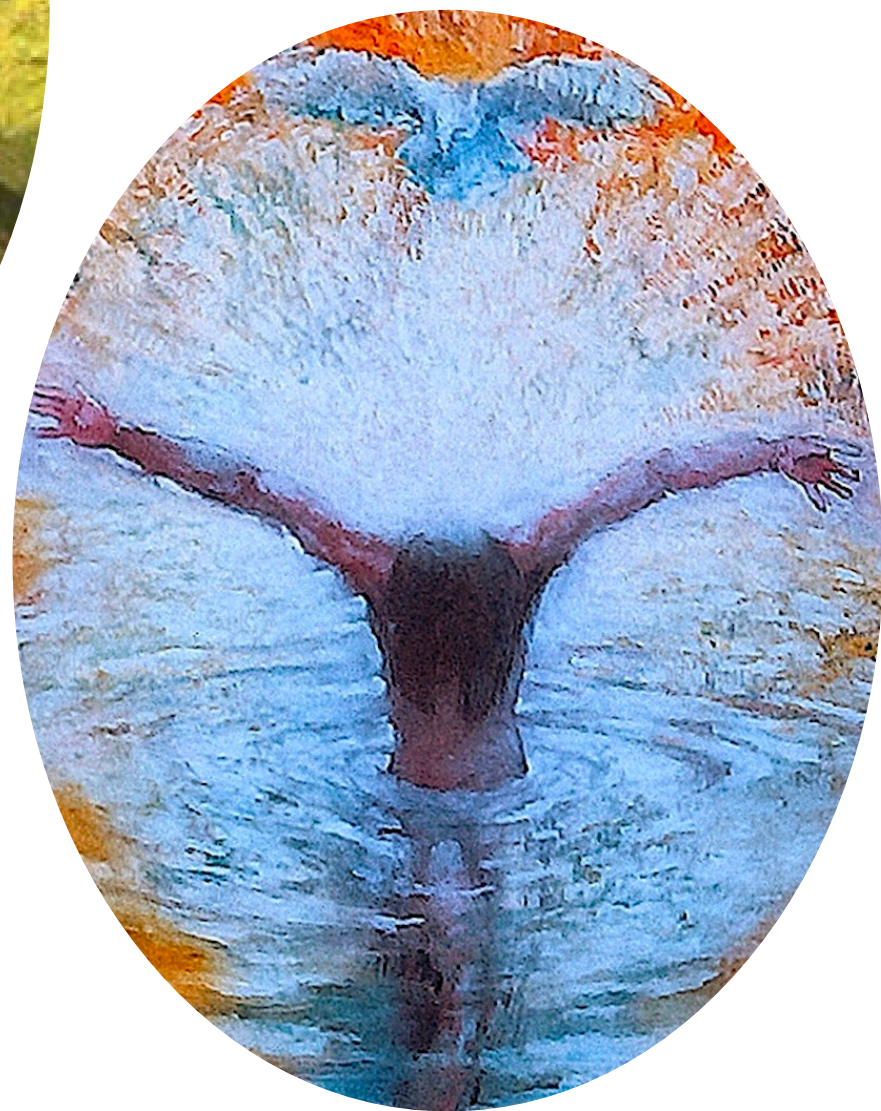






A Loving,  
Abundant  
Father













Reflecting  
the Trinity  
with our  
Mental Health





Knowing yourself is the  
beginning of all wisdom.

Aristotle

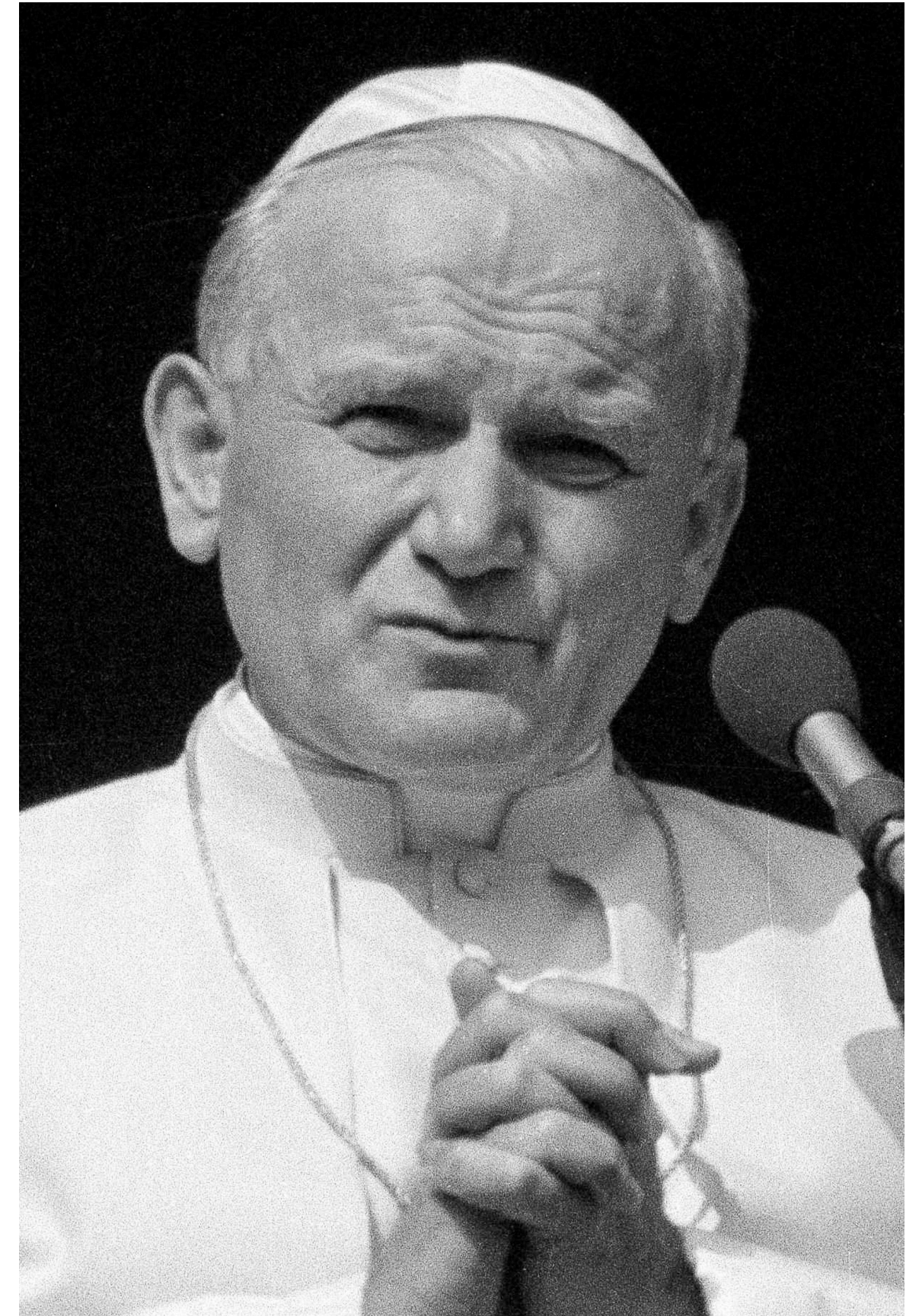
quote fancy

A Real  
Relationship  
with  
Ourselves



# The Interior Life

- personal formation is the foundation of spiritual formation
- *It is important for every person to be sufficiently present to himself... life often distracts us from reflection, self-examination or introspection - CCC 1779*
- *Feelings or passions are emotions...natural components of the human psyche...that incline us to act or not to act in regard to something felt or imagined to be good or evil - CCC 1763-1764*





# Anxiety, Insecurities, Depression





are unfortunately....  
**NORMAL**





# Understanding Anxiety

- excessive anxiety/worry that is hard to control for 6+ months
- and least three symptoms/one in children:
  - edginess or restlessness
  - tiring easily; more fatigued than usual
  - impaired concentration/mind goes blank
  - irritability
  - increased muscle aches or soreness
  - trouble falling asleep or staying asleep

*Diagnostic and Statistical Manual of Mental Disorders Fifth Edition*





# Symptoms of...

## Anxiety

- "I'm always worrying about [insert worry here] and I can't stop thinking about it"
- "I don't want to eat much because I'm so stressed."
- "I can't focus, and my mind wanders to negative things."
- "I can't relax or sit still and my body feels restless"
- "I get shaky and can't calm down. Sometimes I feel dizzy and throw up."
- "My stomach/chest aches"
- "I have panic attacks and am terrified that they will keep happening."

## Depression

- "I don't enjoy doing what I used to love"
- "I can't get out of bed at times"
- "I feel down most of the time"
- "I wish I were dead/not having to deal with all of this"
- "I turn to food to feel better"
- "I keep thinking about how to escape my life"
- "I have no desire to work on that project or study"
- "I feel so lazy/sluggish"
- "I feel like I have no purpose"
- "I can't let go of my past mistakes & regrets"











# Understanding the Roots of Anxiety



# Effects of Original Sin



## **Wounds**

caused by trauma, sin  
& suffering

## **Lies**

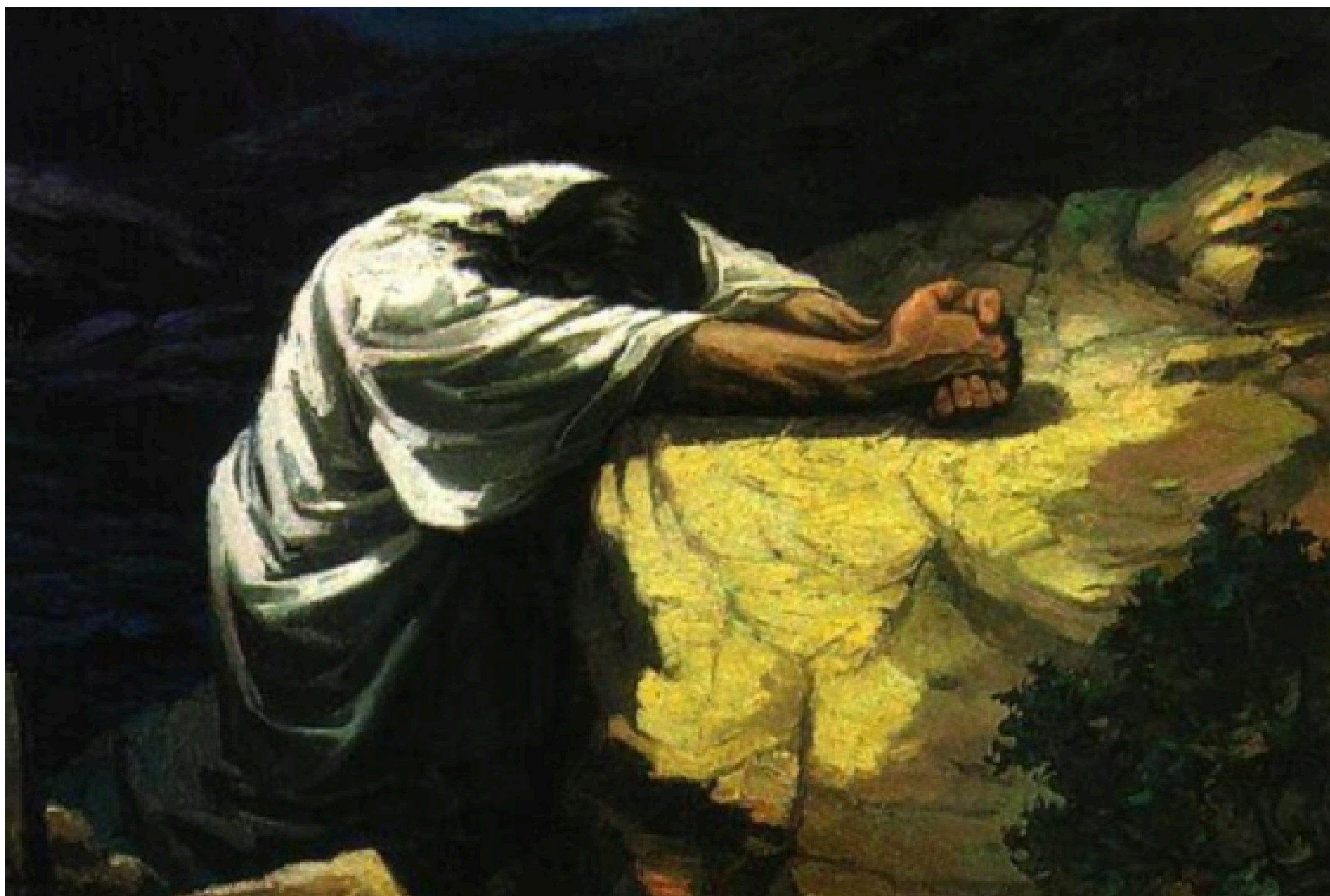
negative self beliefs

## **Vows**

promises made out of  
self protection

*Be Transformed - Schuchts*







## Wounds

Rejection  
Abandonment  
Shame  
Powerlessness  
Fear  
Confusion  
Hopelessness

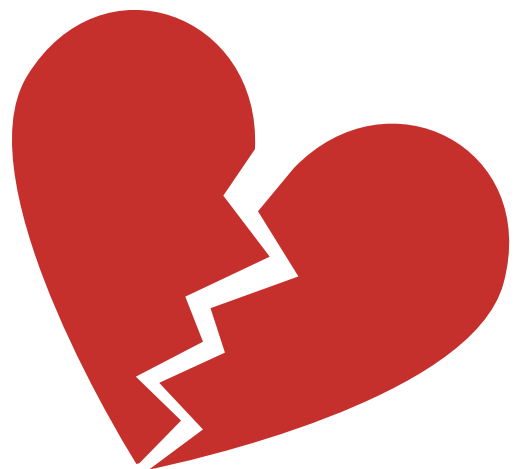
## Identity Lies

I am not loved  
I am alone  
I am bad  
I can't do anything  
I'm not safe  
I don't understand  
Things will never change

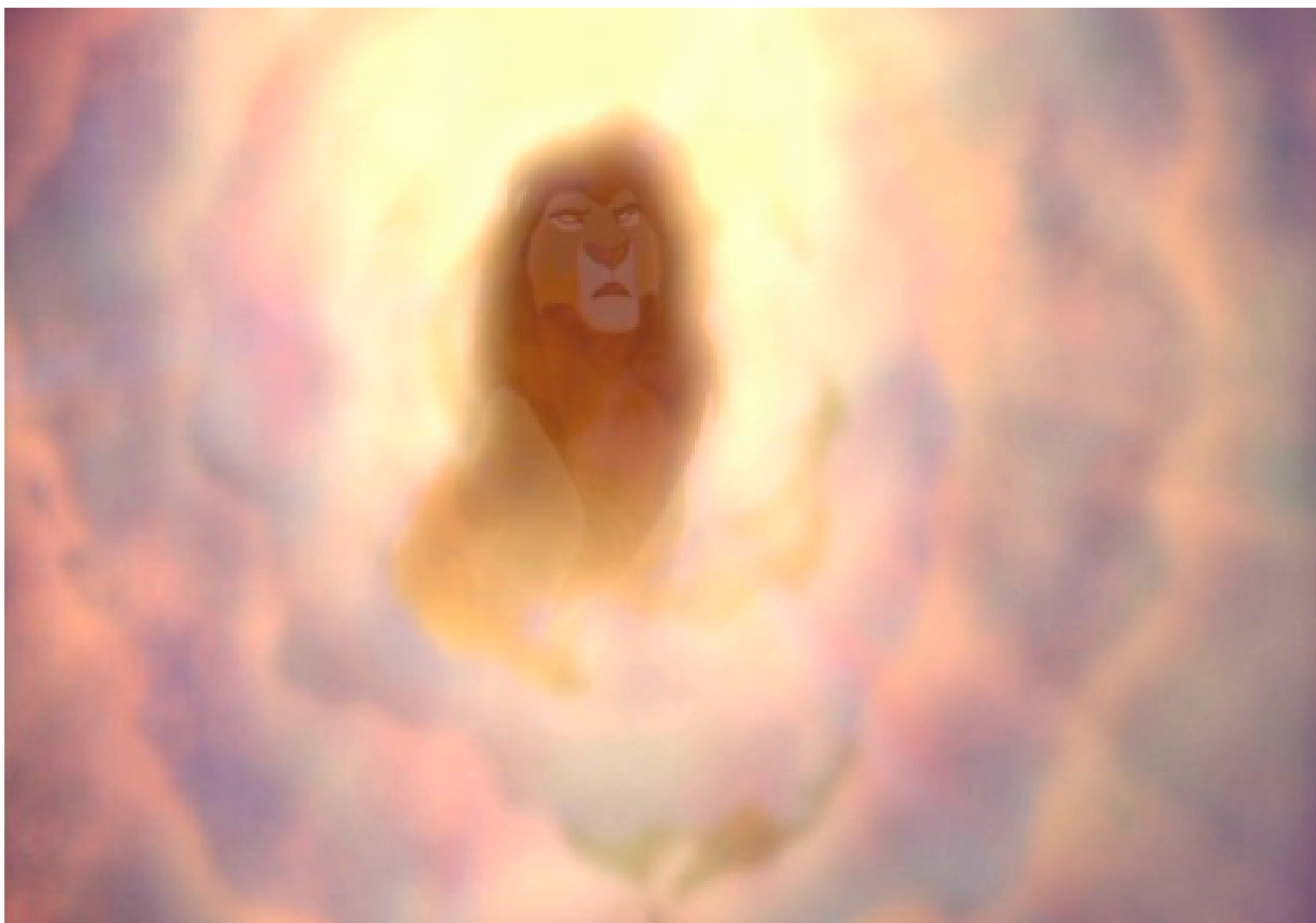
## Vows

I'll prove I am lovable  
I won't get close to people  
I'll prove I am good enough  
I will be in control  
I won't risk anything  
I will never be confused  
I'll give up

*Be Transformed -  
Schuchts*













# Making Sense of Suffering



- suffering is not God's plan for you, although He will use it
- great problem/mystery of suffering (wrongs will be righted)
- God heals immediately, God calls for participation in healing, God heals in the beatific vision



# Seeking to Heal Wounds & Not Just Treat Symptoms

(we end up doing both when  
addressing wounds)

**I came so that they might  
have life and have it more  
abundantly. - John 10:10**







# Real Tools in the Garden of Healing





Healing Happens  
in Relationship

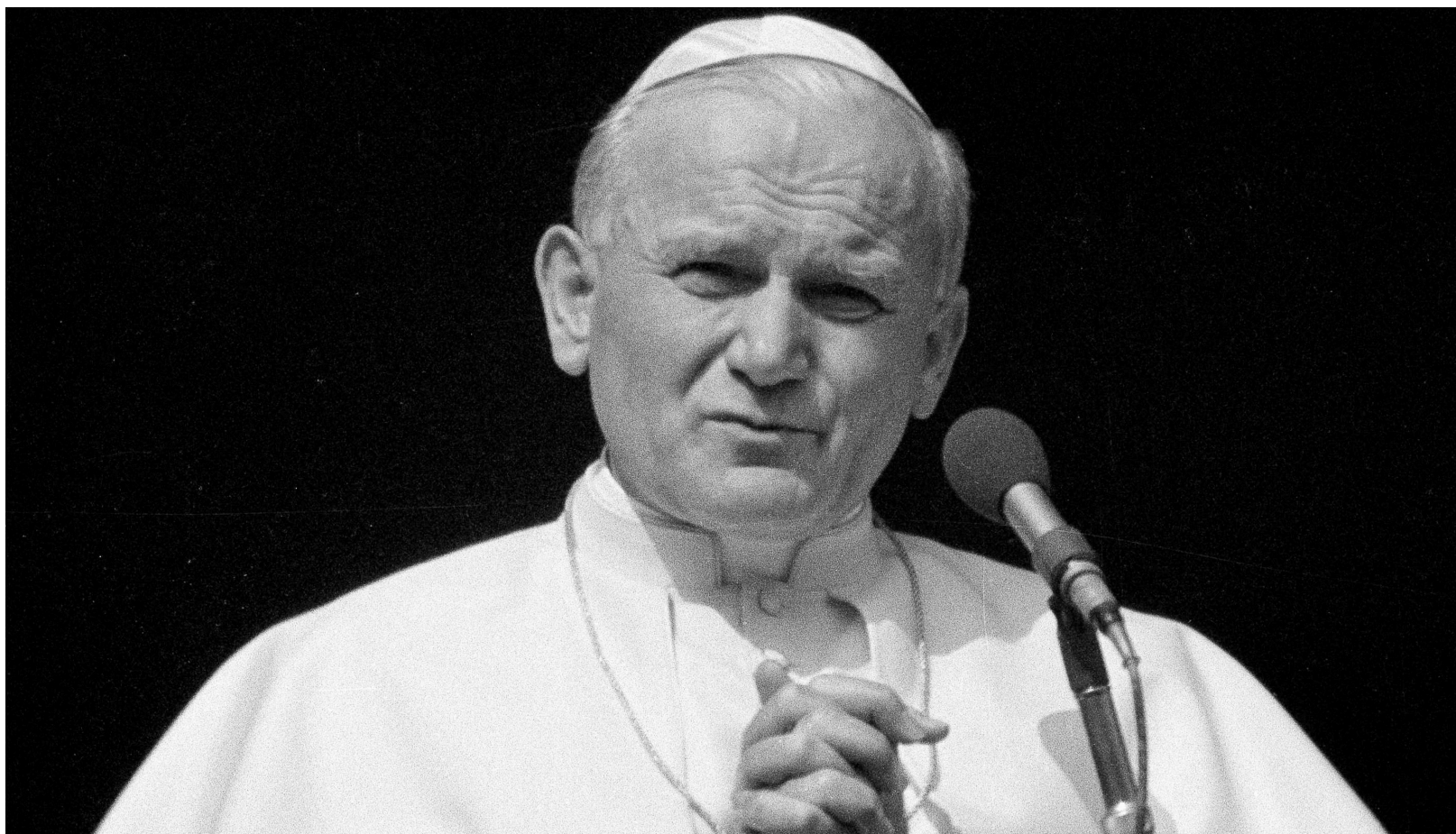




"Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid."

John 14:27







# Real Tools

- **Sacrament of the Present Moment**
  - *breathing/grounding*
  - *becoming child-like again*
- **Processing & Reprocessing**
  - *making sense of trauma*
  - *coming to new conclusions in light of Christ*
  - *journaling & letter writing*





# Real Tools

- **Therapy - cultivating the garden of your interior life**

- processings, identifying, & reframing our thoughts and beliefs (*CBT/Exposure Therapy/Attachment Therapy/EMDR/IFS*)

- **Gratitude - a practice**

- Open unhurried way of being
- Reframing/reminding ourselves of God's goodness, the bigger picture, even when things are hard
- *the opposite of sin is not virtue, but praise*





# Real Tools

- **Medication**
  - establishing a more helpful baseline to address wounds
- **Engaging our bodies**
  - healing through and with our bodies
  - recognizing how our bodies carry our trauma/wounds
  - recognizing the true dignity and value of our bodies (our personhood)
  - exercise, somatic based healing approaches







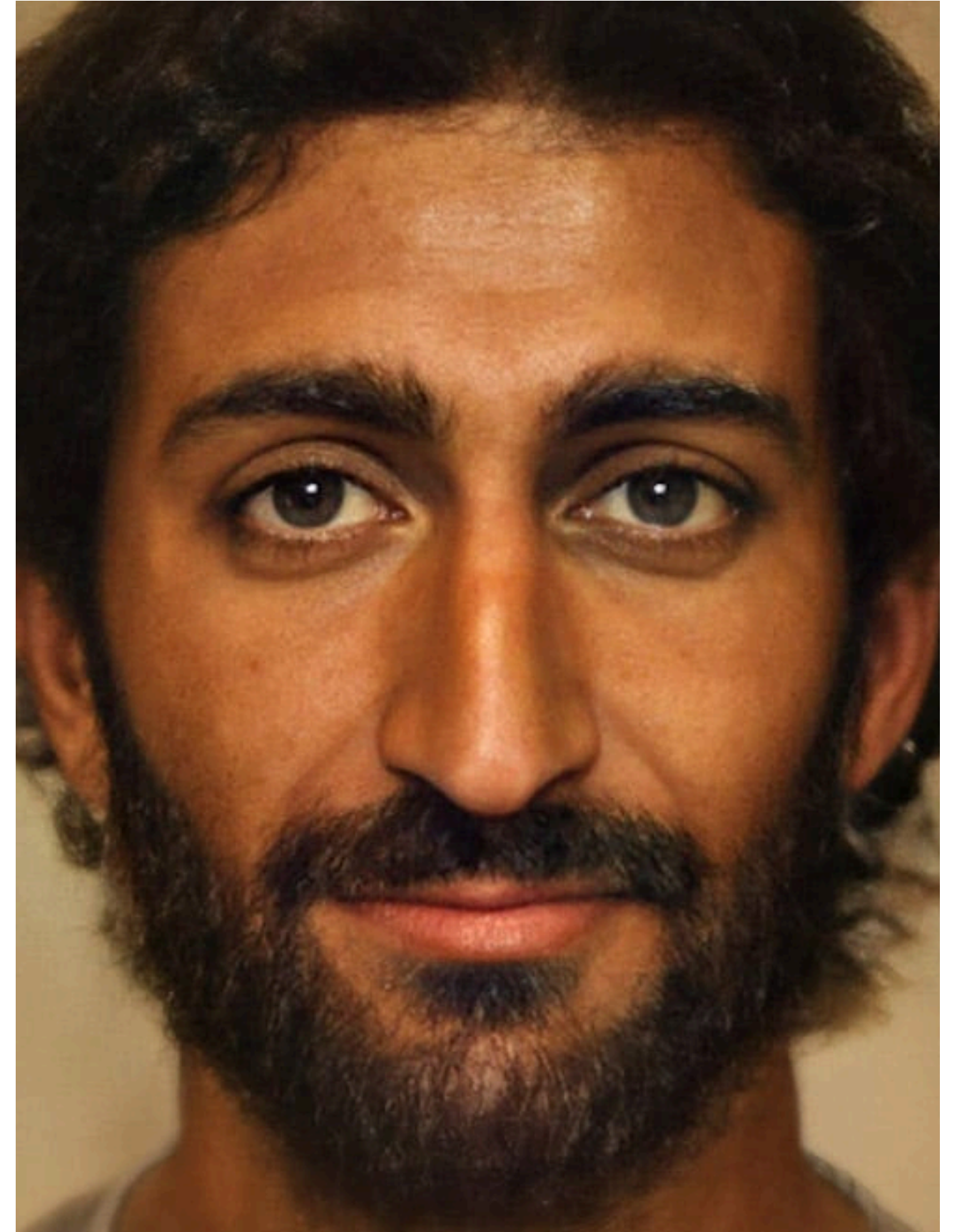
# Journaling & Reflection

- Cultivating a mindful curiosity of your own story/short witness as the beloved
  - reflect & write your story with a childlike sense of awe & wonder
- Acknowledge what prevents growth:
  - judgment of self/others is a mirror into your interior life
  - reminding yourself and others of their belovedness
- The Daily Examen



# Real Tools

- **Examining Our God Images**
  - *understanding God from the heart of the Church*
  - *how has suffering made it hard for me to trust God?*
  - *Good theology shapes good mental health*
- **Re-thinking the Sacraments as the Real Means of Our Healing**
  - *praying through our wounds in Mass*





# Sacraments to Heal Our Wounds

Baptism  
Eucharist  
Reconciliation  
Confirmation  
Marriage  
Holy Orders  
Anointing

Rejection  
Abandonment  
Shame  
Powerlessness  
Fear  
Confusion  
Hopelessness

*Be Transformed - Schuchts*





## Sacraments

## Identity

## Mission

Baptism

"I am the Father's beloved"

Imitate the Father's love

Eucharist

"I am not alone"

I am Christ to others

Reconciliation

"I am made pure"

I bring the Father's mercy to others

Confirmation

"I am anointed with power"

I minister the power of the Holy Spirit

Marriage

"I am loved with God's love"

I represent the Father's love

Holy Orders

"I am guided"

I have holy authority

Anointing

"I am made new"

I am an instrument of God's healing

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# Compassion of the Father

Beginning to  
*know & love*  
ourselves,  
as the Father  
*knows & loves us*





## MEET OUR TEAM



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DR. SEAN TOBIN



DANIELLE ENRIQUEZ



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CATHOLIC LENTEN  
MENTAL HEALTH  
RETREAT

# HEALING WOUNDS

St. Rose of Lima  
Simi Valley, CA  
9:00 am - 4:00 pm

**03 22 25**

visit [catholictherapycenter.com/retreats](https://catholictherapycenter.com/retreats) for more info



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A day retreat led by  
Catholic mental health  
professionals.

**\$90 per person, lunch included**

*I came so that they might have life  
and have it more abundantly.*  
- John 10:10



# Discussion

- How do your emotions reveal what is important/valuable to you?
- Do you believe God cares about your daily anxieties? Why or why not?
- How is God calling you to more self-compassion in your life?
- In what ways is God calling you to healing?





# Closing Prayer





# Question & Answer

