

# Achieve Your Goals Despite Anxiety

**A Process-Based Reflection Journal**

**By Aygul TATLICI**

## **1. Clarify Your Goal: "What truly matters to me, even when I feel afraid?"**

**Anxiety often shows up when you're moving toward something that matters. This section helps you identify your goal, understand your anxiety's role, and reconnect with what's important. What goal or direction feels truly important to you right now — something that reflects your deeper values but feels hard to pursue?**

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## **2. Notice What Shows Up:**

**When you think about moving toward this goal, what thoughts, emotions, or sensations arise?**

**(e.g., "What if I fail?" "People might judge me." "My heart races.")**

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## **3. Understand the Function of Anxiety:**

**What might your anxiety be trying to protect you from?**

**(Rejection, failure, loss, disappointment?)**

**Notice it not as an enemy, but as a part of you trying to keep you safe.**

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## **4. Identify Patterns:**

**How do you usually respond when anxiety shows up?**

**(Avoiding, overthinking, freezing, pushing too hard?)**

**What effect does this have on your progress?**

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## **5. Perspective Taking:**

**Imagine your future self — someone who has already achieved this goal.**

**What would they want you to know or remember today?**

## 2. GENTLY MOVING FORWARD

**"What small step can I take, even with anxiety present?"**

Growth in Process-Based Therapy happens through flexible action — moving toward what matters, while staying open to inner experiences with awareness and kindness.

### **1. Reconnect with Your Values:**

**What values are behind this goal?**

**(Freedom, authenticity, learning, connection, growth, self-respect?)**

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### **2. Take One Small Step:**

**What is one small, realistic step you can take today that reflects those values — even if anxiety is still there?**

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### **3. Offer Yourself Support:**

**When anxiety arises as you take this step, how can you respond kindly and help yourself stay grounded?**

**(Deep breathing, self-compassion, gentle self-talk, mindful observation.)**

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### **4. Reflect on the Experience:**

**After taking your step, what did you notice?**

**Any changes in your body, energy, or emotions?**

**Any sense of pride, relief, or openness?**

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**Every small act of courage strengthens your ability to live freely — not without fear, but with presence, self-trust, and purpose.**

**Your anxiety is not a barrier; it's a sign that you're moving toward what matters most.**

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