

Title:

Performance Anxiety

Word Count:

734

Summary:

Beverly had suffered from anxiety most of her life. As a child, she slept poorly and often had

Keywords:

improvement self, anxiety, performance anxiety, psychology

Article Body:

Beverly had suffered from anxiety most of her life. As a child, she slept poorly and often had

Beverly had tried many forms of therapy, meditation and medication before consulting with me.

Beverly grew up in a ^normal~ household with two parents who seemingly loved her. Yet as we ex

Beverly felt tense much of the time in her home. Her parents fought a lot and her mother would

It's easy to see why Beverly was so anxious as a child. But what was causing her anxiety as an

The problem was that Beverly had never learned how to be a loving parent to herself, because h

Beverly was treating herself just as her parents had treated her and themselves. Little Beverl

Beverly saw that much of her anxiety centered around wanting to control how others saw her and

Learning to be compassionate with herself rather than judgmental was a challenge that took tim

As Beverly slowly learned to be a loving inner parent rather than a critical one, her anxiety

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>