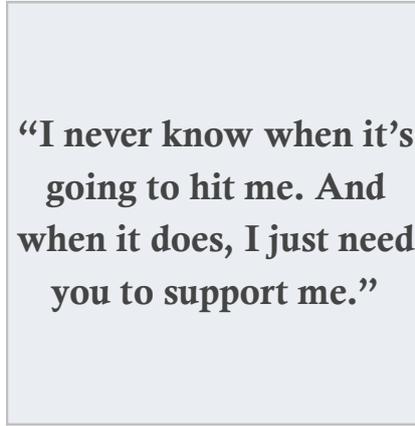


**“It may seem irrational to you, but what I’m anxious about is very real for me.”**

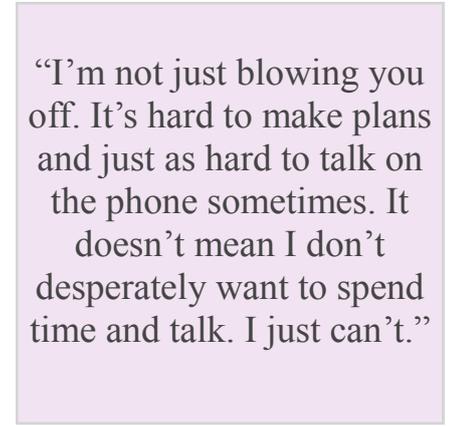
**The MIGHTY**  
— Paige Johnson

1



**“I never know when it’s going to hit me. And when it does, I just need you to support me.”**

2



**“I’m not just blowing you off. It’s hard to make plans and just as hard to talk on the phone sometimes. It doesn’t mean I don’t desperately want to spend time and talk. I just can’t.”**

3

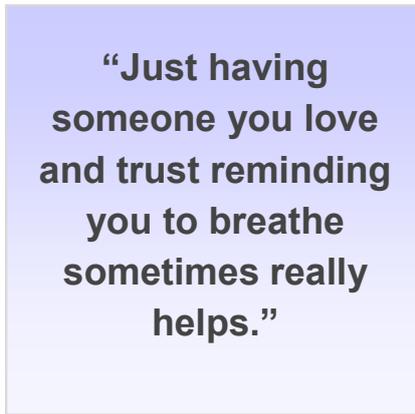


**“Don’t give up on me when I isolate myself.”**

— Jen Jolly

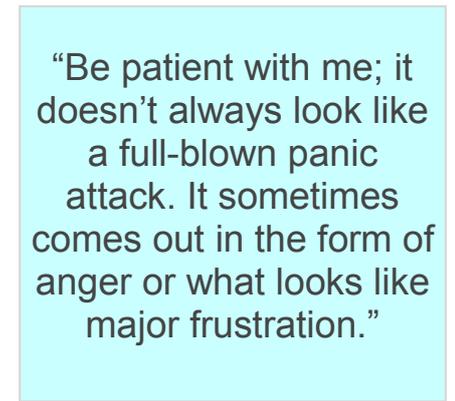
**The MIGHTY**

4



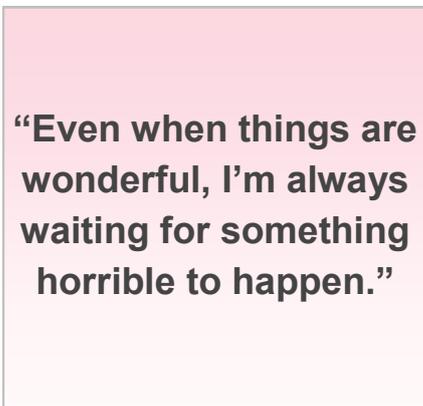
**“Just having someone you love and trust reminding you to breathe sometimes really helps.”**

5



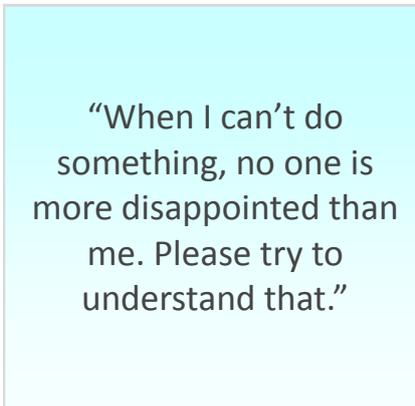
**“Be patient with me; it doesn’t always look like a full-blown panic attack. It sometimes comes out in the form of anger or what looks like major frustration.”**

6



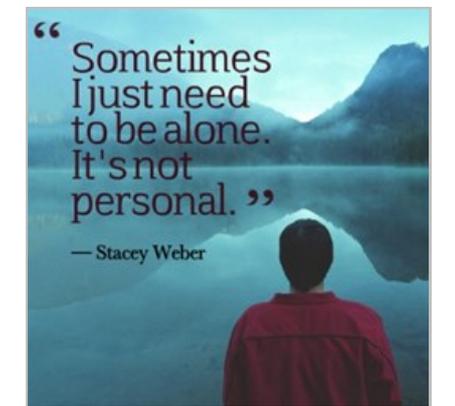
**“Even when things are wonderful, I’m always waiting for something horrible to happen.”**

7



**“When I can’t do something, no one is more disappointed than me. Please try to understand that.”**

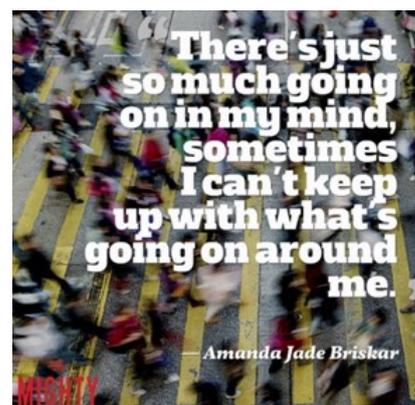
8



**“Sometimes I just need to be alone. It’s not personal.”**

— Stacey Weber

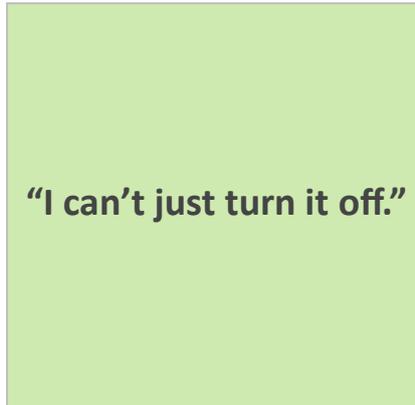
9



**There’s just so much going on in my mind, sometimes I can’t keep up with what’s going on around me.**

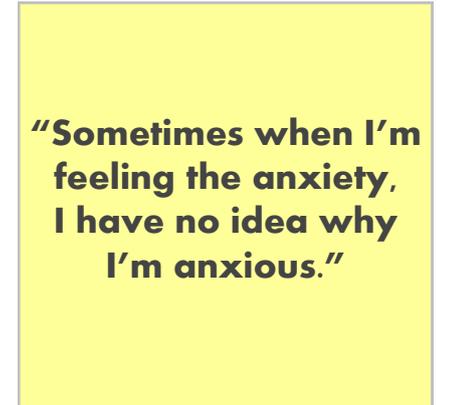
— Amanda Jade Briskar

10



**“I can’t just turn it off.”**

11



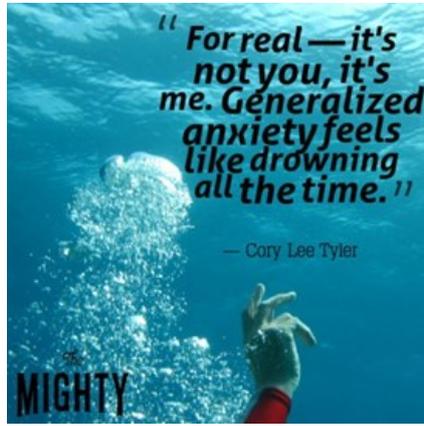
**“Sometimes when I’m feeling the anxiety, I have no idea why I’m anxious.”**

12



“Everything can change in less than 30 seconds. Too many people in one area, no known exits in a certain situation - the list goes on.”

13



14

“I know it can seem ridiculous at times, but please, please, please just love me through it.”

15

“I'm still me. I'm not my anxiety.”

16



17

“When you ask, ‘Are you OK?’ you might think I don't trust you when I say, ‘Yes, I'm good!’ But in my mind, I think you'll stop seeing me as a kind, funny and calm person if you knew the truth.”

18

“I'm sorry for every invite I've declined, every time I've seemed irrational or nasty because I was overwhelmed or scared. I'm sorry for every time I've said I'd do something but then backed out. I'm sorry my anxiety hurts you, too.”

19

“Anxiety doesn't have a 'look.' I don't have to be trembling or hyperventilating to be anxious.”

20

“When I say I can't take on even one more thing, I really need you to understand I really just can't.”

21



22

“Don't shut me out. My anxiety may stop me from doing certain things, but just being asked to join in can sometimes make my day.”

23

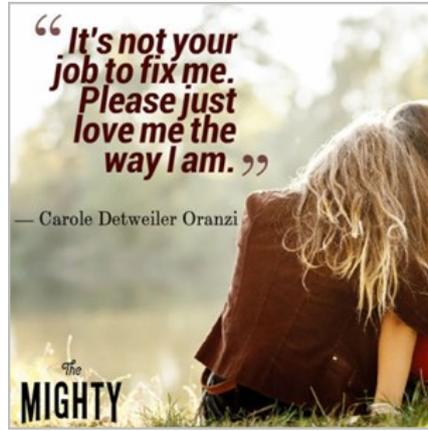
“I analyse things *constantly* because of anxiety. I cannot turn my brain off and it can be exhausting.”

24



“Sometimes my anxiety means I can’t see the right solution even when it’s right in front of my eyes.”

25



26

“When I cancel plans with you it’s because I’m afraid to admit I’m a mess. It has nothing to do with you and everything to do with my panic attack.”

27

“I want to first apologise for the hundreds of times I’ve bailed on you. The hundreds of times I had to leave early and you had no clue. The hundreds of times I had to tell you no.”

28

“Most of the time you won’t know I’m having anxiety unless I tell you,”

29

“If I’m not comfortable doing something, just let it go. Don’t try to convince me it makes it worse.”

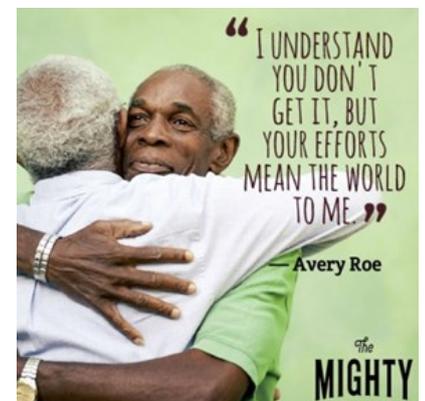
30

“I’m not a flake. Sometimes anxiety stops me from doing social things. I might cancel at the last minute, but it’s never out of unfriendliness or being lazy. Know that if you need me, I’ll be there for you in any way I can.”

31

“Every time I talk to you, I go over every word of the conversation many times in my head. If I said something I feel I like I shouldn’t have said, even if it’s as simple as incorrect grammar, I will obsess about it for years.”

32



33

“Please don’t tell me to just get over it or that I’m being silly.”

34

“Keep inviting me to group things even though I usually decline. Some days I feel stronger than others, so my answer might surprise you. Be patient.”

35



36



**“Worrying is carrying tomorrow’s load with today’s strength.”**

37

**“Slow breathing is like an anchor in the midst of an emotional storm; the anchor wont make the storm go away but it will hold you steady until it passes.”**

38

**“Do not let you difficulties fill you with anxiety, after all it is only on the darkest nights that stars shine most brightly”**

39

**“You don’t have to control your thoughts. You just have to stop them controlling you.”**

40

**“The only way out is through.”**

41

**“When you change the way you look at things, the things you look at change.”**

42

