And this state is what we call ANXIETY.

#### &quot;But is it a real danger?&quot;

A danger signal from the body. A fight or flight response. 

- &quot;Is it a fight or flight response?&quot;
- &quot;Is it likely to trigger the physical changes that prepare us for a dangerous situation?&quot; 
- &quot;Therefore, you are not likely to be ready.&quot;

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#### But what does all this have to do with anxiety?

Occasional responses don't interfere with everyday life.

Thankfully, the fight or flight responses don't happen all the time. After the danger has passed, the body starts to slow down and the fight or flight reaction quiets down.

So the fight or flight response is a realistic thing. But response to help you deal with this menace.

The very useful physical changes involved in the fight or flight response are necessary to survive. It's a real danger and your body will respond.

Again, the thought will be one that highlights that you are in danger.