

Boomerang Effect

- Understanding the Nature of Anxiety and What to Do About It
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Professional & Training Background

- 10 Years US Army Officer Medical Service Corps
 - Medical Administrator -Emergency Medicine
 - MedEvac Helicopter Pilot – UH-60 Blackhawks
- 1990 Desert Storm Iraq
- 1993 -1998 Psy.D. Biola University Rosemead School
 - Doctoral Paper – Treatments of Traumatic Stress Across the Life Span



Professional & Training Background

- 1993-1998 Rosemead Clinical Training
 - Psychodynamic Psychotherapy
 - Cognitive Behavioral Therapy
 - Interpersonal Therapy
 - Couples Therapy
 - Marriage & Family
 - Group Therapy
 - Psychological Assessment
- 1998 – 2009 Meier New Life Clinics
 - Day Treatment Program Director
- 2009 – Founder Alpha Omega Christian Counseling
- Advanced Training
 - Senior External Trainer Kahler Communications
 - Life Coach
 - EMDRIA Approved Consultant
 - Certified Therapist EMDR



Anybody know what anxiety feels like?



What is Anxiety

- A mood state characterized by worry, apprehension or dread
- Anticipation of danger or misfortune
- Physical symptoms of tension, shallow or rapid breathing
- Threat may be real or imagined, external or internal



Is Anxiety different from Fear?

- Fear is a response to a real threat that is present or vividly Imagined
- Panic is a physiological response to extreme fear of a threat, “The Fight or Flight Response”



Where Does Anxiety Fear & Panic Come from?

- The Fall Gen 3
 - Shame resulting from Bad Faith and the Experience of Being Bad
 - Led to Anxiety, Fear, Panic
 - Driving Behaviors of Running, Hiding, Blaming
- Today – Threat of
 - Seeing Oneself as Bad or Shameful
 - Experiencing loss, pain, punishment



What is the Nature of Anxiety, Fear, and Panic?

- Contains both Information and Energy
- Information – **Something is Important and wrong, bad or dangerous**
- Energy – **Emotional and Physical Energy or Drive to DO something about the threat**
- Anxiety & Worry: **Functions as an Electric Fence Around our Lives**
- Fear and Panic – **Fuel to Respond to a Perceived Threat**



How does Anxiety Effect Us?

- Degrades **and** Overfocuses **our Thinking**
- Colors our Perceptions **of Ourselves, our situations and others**
- Separates **us from other Emotions**
- Blocks **our Enjoyment of Good Situations**
- Drives us:
 - **TO** do things in wrong direction or intensity
 - **AWAY** from good interactions with others.
- Degrades: **Our Thinking, Physical Health**



Boomerang Effect – The Big Misdirection



If we act on anxiety and do what it says we get closer to the experience we do not want.



Boomerang Effect

- **Anxious Thinking** wants to solve problems...
- Anxiety about **Emotions** wants to feel better...
- Anxious **Activity** wants to do something to fix something...
- Anxious **Relating** wants to have good positive social experiences...
- It just **Never Works**.....



Boomerang Effect

- Anxiety takes us to the negative we are trying to avoid.
- Anxious Thinking
 - Obsessing or Ignoring Problems
- Anxious about Feelings
 - Avoiding Anger, Sadness, Shame



Boomerang Effect

- Anxious Activities
 - Compulsive Overactivity or Inactivity
 - Negative Coping Behaviors
- Anxious Relating
 - Avoidant or Overcontrolling Social Behaviors



To Correct the Boomerang Effect

- Reverse the Fall
- Reverse our Natural Response to Anxiety



Boomerang Corrective in Scripture

- - ⁴ Rejoice in the Lord always; again I will say, Rejoice. ⁵ Let all men know your forbearance. The Lord is at hand. ⁶ Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus.
 - ⁸ Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹ What you have learned and received and heard and seen in me, do; and the God of peace will be with you.



Boomerang Corrective in Scripture

- **Connect:** Instead of Running Return to God
- **Pour Out:** Instead of Hiding express your heart
- **Pour In:** Instead of Obsessing or Ignoring, pour in Good Truth
- **Go and Do:** Instead of Overdoing or Underdoing, DO what you ve learned based on the good truth



Boomerang Corrective in Mental Health Therapy Models that offer health & change

- Connect – Rogerian Unconditional Positive Regard, Interpersonal Therapy
- Pour Out – Emotion Focused Therapy
- Pour In - Cognitive Therapy, Rational Emotive Therapy
- Go and DO – Behavior Therapy, Solution Focused Therapy



Boomerang Corrective in Mental Health Therapy Process for many therapy models that offer health & change

- Connect – Develop positive supportive relationship
- Pour Out – Invite expression information about the problem and
- Pour In – Educate, problem solve, gain insight into problem
- Go and Do – Apply new information in life-change process



Boomerang Effect for You

So how do I deal with my anxiety and turn my problems around?

- Connect: God, Gods agents, helpful others
 - Pursue somebody
- Pour Out: Talk out the problems.
 - “Say the Anxious thing”
- Pour In: Discover new facts & insights, new relationships and possibilities
- Go and Do: Act on the good truth, change something.



Boomerang Effect Examples

- Thinking Change
- Emotional Approach Change
- Habit Change
- Relationship with Self Change
- Relationship with Others Change
- Relationship with God Change

