

# Anxiety from Material Possessions

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Go back to your *Things That Cause Me Stress* from Session 2.1. How many of those things have to do with material possessions? That is, on your list of things that cause you stressful or depressing thoughts, how many of them have to do with the purchase, rental, or ownership of material goods? For purposes of this exercise, “material goods” may also include intangible goods such as stocks, bonds, insurance policies, medical bills, rental and lease fees, etc.

Once you have identified these items from your *Things That Cause Me Stress* list, write them below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

Now go back again to Section 7.1 and look at your list of *Things That Keep Me from Feeling Connected*. How many of those things have to do with material possessions or the worries they cause? List those in the exercise on the next page.

# Anxiety from Material Possessions

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Look at your list of *Things That Keep Me from Feeling Connected* from Section 7.1. How many of those things have to do with material possessions or the worries they cause? List them below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

Now find your list of *Ways I'd Like to Feel Connected* from Session 7.3. How many of those have to do with material possessions? List those in the exercise on the next page.