

Fear, Anxiety and Phobias Recovery Guide

STEP ONE

Skim through the entire guide to familiarize yourself with the contents.

Fear is a natural survival response that alerts us to potential danger. When fear is triggered, the amygdala in the brain immediately activates, signaling the nervous system to release stress hormones such as adrenaline. This response affects the cerebral cortex, making it harder to think clearly or make sound decisions. The heart rate increases, blood pressure rises, and breathing becomes rapid and shallow. Blood flow shifts away from the core and toward the limbs, preparing the body to fight or flee.

Anxiety is the anticipation of fear or dread related to a possible threat or stressful situation. In moderate amounts, anxiety can be helpful—it heightens alertness and provides extra energy to respond effectively. However, when anxious thoughts become persistent or overwhelming, the body remains in a state of tension. Muscles tighten, and over time this prolonged state of stress can lead to chronic fatigue. Ongoing anxiety can also impair memory, reduce concentration, and make decision-making more difficult.

An **Anxiety Disorder** occurs when feelings of anxiety persist, become excessive, and interfere with daily life—affecting relationships, work, concentration, routine activities, and overall enjoyment of life. When someone consistently expects the worst possible outcome, patterns of paranoia may begin to develop.

Phobias are intense, persistent fears of specific objects or situations that significantly disrupt quality of life. They are among the most common forms of anxiety disorders. Although a person may recognize that their fear is irrational, the mind and body still react as if a real and immediate threat is present.

TYPES OF ANXIETY DISORDERS

Generalized Anxiety Disorder (GAD): Excessive and persistent worry about everyday stressors such as finances, work, relationships, health, or death. The anxiety lasts six months or longer and interferes with daily functioning. GAD often occurs alongside other anxiety disorders or depression.

Panic Disorder: Recurrent, unexpected panic attacks—sudden, intense episodes of fear or a sense of losing control when no real danger is present. A person may feel detached from their surroundings or from themselves. Attacks can last several minutes or longer. Individuals may begin avoiding certain places, situations, or behaviors for fear of triggering another episode.

Phobias: An intense, persistent fear of specific objects or situations that is disproportionate to the actual danger involved. The fear significantly disrupts daily life and functioning.

Social Anxiety Disorder: An intense, recurring fear of social or performance situations. Individuals may feel highly self-conscious and excessively concerned about embarrassing themselves or being negatively judged by others. This can lead to avoidance of social settings, including work, school, shopping, or public gatherings.

Separation Anxiety Disorder: Excessive fear or anxiety about being separated from someone to whom the individual is closely attached. They may worry that harm will come to their loved one during the separation. As departure approaches, clingy behavior and heightened distress may increase.

Selective Mutism: A consistent failure to speak in specific social situations—such as at school—despite speaking comfortably in other settings. It is often associated with extreme shyness, social withdrawal, clinginess, or occasional temper outbursts.

Agoraphobia: An intense fear of two or more of the following situations. The individual avoids these scenarios due to feeling trapped, unsafe, fearful of having a panic attack, or concerned about embarrassment.

Using public transportation

Being in open spaces

Being in enclosed spaces

Being in a crowd

Standing in line

Being alone outside the home

Anxiety Disorder Due to a Medical Condition: Significant anxiety or panic symptoms directly caused by an underlying physical health condition. Medical issues commonly associated with anxiety include chronic pain, diabetes, heart disease, irritable bowel syndrome, respiratory disorders, and thyroid conditions.

Substance-Induced Anxiety Disorder: Intense anxiety or panic resulting directly from substance misuse, medication side effects, exposure to toxins, or withdrawal from alcohol or drugs.

STEP TWO

If possible, print the three lists below. If printing is not an option, have a sheet of paper and pen ready to create your own working list. Include any of the anxiety disorders mentioned above that apply to you.

Begin by taking several long, slow, deep breaths. Then, prayerfully and unhurriedly, read through each list. Cross off any items that do not apply to you—either now or at any point in your life. Circle or write down each item that does relate to you. Include recurring fears, persistent anxious thoughts, and any patterns you recognize. Add anything that comes to mind that is not already listed.

After reviewing the lists, take a quiet moment and ask your Inner Spirit to reveal any hidden fears or deeper sources of anxiety. Write those down as well. Additional insights may surface over the coming days or weeks—add them as they arise.

If strong emotions begin to surface, pause and allow yourself space to feel and release them. Healing often unfolds as emotions are acknowledged and expressed. Make note of any painful memories connected to specific items. You may choose to stop and process those memories right away or return to them later. When you feel ready, proceed to Step Three.

COMMON PHOBIAS

Acrophobia (heights)

Agoraphobia (crowded or open space)

Aerophobia (flying)

Aquaphobia (water)

Arachnophobia (spiders)

Astraphobia (thunder and lightning)

Claustrophobia (confined spaces)

Coulrophobia (clowns)

Cynophobia (dogs)

Dentophobia (dentists)

Emetophobia (vomiting)

Fear of Driving

Hemophobia (blood)

Mysophobia (germs)

Nosocomophobia (hospitals)

Nyctophobia (the dark)

Ophidiophobia (snakes)

Phonophobia (loud noises)

Social Phobia

Trypanophobia (needles, injections)

Fear of Demons

Fear of Death

CAUSES OF FEAR, ANXIETY OR PHOBIAS

Anxiety Disorder	Avoidance
Brain Biology	Genetics
Body Chemistry	Learned Behavior
Past Life Experience	Depression
Horror, Crime Movies, Music Lyrics	Trauma
Environment	Hear about bad experiences (plane crash)
Stress Buildup	Some Health Conditions
Abuse	Withdrawn, Shy Personality
Mental Health Disorders	Medication Side Effect
Drug, Alcohol Abuse	Caffeine and Nicotine
Social Media	Conspiracy Theories

FEAR, ANXIETY AND PHOBIA SYMPTOMS

The following can happen when exposed to or just thinking about the fear.

Mistrust	Social Isolation
Fainting	Anxiety
Intense fear	Interferes with daily activities
Tense Muscles	Nauseous
Panic Attacks	Rapid heart beat
Sweating	Tight Chest
Breathing: Fast and Shallow	Intense Fear
Excessive or Irrational worry	Irrational belief
Restlessness	Unexplained aches and pains
Dizziness	Easily fatigued
Difficulty Concentrating	Moody
Headaches	Sleep Problems
Trembling	Tingling
Impending Doom	Feels out of Control
Rigid Body Posture	Uncontrollable Crying
Feel Weak	Nervousness
Digestive Issues	Suicidal Ideation
Depression	Problems Functioning at Work, School
Doubt	Fear of Abandonment
Feels Stressed / On Edge	Fear of Saying 'No'
Fear of a Specific Gender	Fear of Judgment / Disapproval
Fear of Death	Fear of Not Being Good Enough
Perfectionist	Fear of Success / Failure
Poor Quality of Life	Fear of Authority
Avoidance of situations due to fear or a repeated panic attack	
Add your specific fears that are not listed:	

STEP THREE

Quiet your mind and focus on one item from your list. Invite your Inner Spirit to reveal when this belief, behavior, or emotional pattern first began in your life. Ask to be shown the root cause that allowed this response to take hold. If emotions begin to surface, allow them. Feelings that have been suppressed must be acknowledged and expressed in order to be released.

Gently ask yourself whether this belief, behavior, or emotion is still serving you today. Pray for clarity and the ability to see your experience from a renewed and healthier perspective so that true healing can take place.

As you are able, bring the experience toward closure by choosing forgiveness—for yourself and for anyone else involved. Forgiveness does not excuse harmful behavior; rather, it releases you from carrying its weight. To help keep this door closed, take practical steps to protect your healing. This may include removing certain items from your home, changing unhealthy patterns, establishing boundaries, distancing yourself from harmful relationships, or seeking professional support.

The goal is not only emotional healing, but also recognizing any “open doors” that may leave you feeling spiritually vulnerable. Many therapeutic approaches focus on thoughts and behaviors but do not address spiritual dimensions. Without attending to this aspect, a person may remain unaware of influences contributing to fear or anxiety. At times, persistent fearful thoughts may not feel aligned with your true self.

As you work through this step, each time you gain insight and release stored emotional pain, follow up with the Releasement Prayer in Step Four. This practice is intended to draw you closer to Divine Love, deepen your healing, and strengthen your spiritual boundaries.

SUGGESTIONS TO HEAL FEAR, ANXIETY AND PHOBIAS

Healing is a journey that involves your whole being—mind, body, and spirit. The following suggestions are offered as practical tools to help you move toward freedom, balance, and renewed confidence.

SELF-DISCOVERY

* Research your symptoms to better understand what you are experiencing. Knowledge reduces fear and empowers healing.

* Practice Inner Child Healing meditation. Speak gently to the “hurt you” within. Reassure yourself of your value and worth. If you sense fragmented parts or sub-personalities formed through trauma, acknowledge them with compassion. Let them know they are welcome and needed for wholeness. Help these parts heal by recognizing the safety and reality of your present circumstances.

(Inner Child resource: theresacrabtree.com/inner-child/)

* When appropriate, gradually and safely expose yourself to your phobia to begin desensitization. Consider working with a professional or a trusted, supportive friend.

* Remember that fear and anxiety are part of the human experience. Often, what causes the greatest pain can eventually become a source of strength and wisdom. Maintain a hopeful outlook as you transform perceived weaknesses into resilience. Growth happens outside your comfort zone.

EMOTIONAL HEALTH

- * Be patient with yourself. Trauma often heals in layers, like peeling an onion—especially when it began in early childhood. Take your time releasing what no longer serves you.
- * Practice authenticity. Release the habit of defining yourself by others’ opinions. Their perspective is simply that—their perspective. It does not determine your identity or worth.
- * Limit exposure to movies, news, books, social media, or activities that trigger panic or distress. (Later in healing, some of these may be used carefully for desensitization if appropriate.)
- * When anxiety rises, pause and take several slow, deep breaths until your body begins to calm.
- * Allow emotions to surface without judgment. When ready, pray and ask to be shown the root cause of what unsettled you. Ask to be made aware of any false beliefs adopted as coping mechanisms.
- * Journal your thoughts and feelings regularly.
- * Reconnect with supportive friends, especially if isolation has become a pattern.
- * Prepare for triggers. Notice physical responses during flashbacks—tension, sweating, racing heart, fear. Train yourself to respond in grounded ways:
 - * Lightly tap or pinch your arm to anchor yourself in the present.
 - * Look around and name objects in your environment.
 - * Say the current date and your age out loud.
 - * Observe your body sensations and evaluate whether the fear is realistic or exaggerated.
 - * Consciously tense and relax specific muscle groups to reduce tension.

MENTAL HEALTH

- * Stay focused on the present moment. When you notice rumination about the past or future, gently redirect your thoughts to something constructive or uplifting. With practice, this becomes easier.
- * Express your creativity. Writing, painting, drawing, music, crafts, or other creative outlets stimulate interest in life and promote emotional well-being.
- * Connect with supportive, like-minded individuals for encouragement and healthy distraction.
- * Interrupt negative thought spirals quickly. Refocus rather than reinforce them.
- * Replace “old tapes” with positive affirmations. Create statements that address your specific fears and repeat them consistently.
- * If you make a mistake, avoid self-condemnation. Acknowledge the misstep, learn from it, and choose differently next time.
- * Manage your time realistically to avoid unnecessary stress.
- * Balance work with recreation to prevent exhaustion.
- * If worry interferes with sleep, write down the next day’s priorities before bed. Once in bed, release the list and focus on steady breathing.

PHYSICAL HEALTH

- * Engage regularly in activities you enjoy.
- * Join dance, yoga, or aerobic classes.
- * Consider massage therapy or chiropractic care.
- * Relax with warm salt baths.
- * Avoid alcohol and recreational drugs. Seek professional help if stopping feels difficult.
- * Nourish your body with healthy meals; consider a cooking class to make it enjoyable.
- * Prioritize adequate sleep.
- * Rest when your body signals the need.
- * Maintain flexibility with gentle stretching.
- * Exercise regularly—at a gym or at home. Physical activity releases endorphins, reduces muscle tension, and interrupts anxious thought patterns.
- * Participate in rhythmic activities such as dancing, drumming, walking, running, stretching, or marching.
- * Spend time in nature alone or with others. Walking outdoors can be deeply grounding and restorative.

SPIRITUAL HEALTH

- * Begin each day with prayer. Express love to the Creator and to Jesus, and remain open to receiving love in return.
- * Practice gratitude daily—even during difficult seasons.
- * Each morning, identify at least three things you are thankful for, either mentally or in a journal.
- * Ask for guidance and look for opportunities to serve others.
- * Read scripture daily to strengthen your connection with God. The teachings of Jesus in the New Testament offer wisdom for living a balanced and compassionate life.
- * Consider subscribing to a daily scripture service.
- * Reflect on comforting biblical messages and other uplifting writings.
- * Incorporate the “Nightly Prayer and Review” into your bedtime routine. Celebrate actions aligned with Divine Love. Gently examine missteps without guilt or shame and consider how you might respond differently next time.
- * Practice the “Daily Spiritual Practices” consistently.

(The Nightly Prayer and Daily Spiritual Practices are available for download on my website.)

SEEK SUPPORT

- * Build a safe support system. Sharing your experiences with someone who listens and validates your feelings can be profoundly healing.
- * Join a local church or faith community with age-appropriate groups to develop healthy friendships and strengthen your relationship with God and Jesus.
- * Participate in anxiety support groups, either locally or online.
- * Deepen relationships with trusted family members or friends. They may recall events connected to your phobia and offer helpful insight. Anxiety can run in families, and shared understanding can be reassuring.
- * Join community groups centered around shared interests. Friendships often form naturally through shared activities.
- * If fear and anxiety persist, consider speaking with a pastor. Seeking help is not weakness; it is wisdom.
- * A qualified therapist—particularly one specializing in anxiety disorders and phobias—can help uncover root causes, process trauma, regulate emotions, and build healthy relationships. Therapy can also address unhealthy coping patterns and underlying contributing conditions. Reach out for professional help when needed. You deserve a life marked by peace, joy, and fulfillment.

STEP FOUR

After you have processed one or more of the items you circled, adapt the prayer below as a declaration of your decision to release what no longer serves you.

FEAR, ANXIETY, PHOBIA RELEASEMENT PRAYER

Read through the prayer first so you understand what you are declaring. Then speak it aloud, calmly and with conviction.

“Creator of heaven and earth, I ask for healing from all trauma that has resulted in fear, anxiety, and phobias. Help me see new perspectives that will bring understanding and wholeness. Help me see my story through Your truth rather than through fear.

I acknowledge the choices I have made that have not aligned with the person I want to be (name them specifically). I desire to change and grow. Give me strength to walk in truth and integrity.

I choose to forgive those who have caused me pain—whether intentionally or unintentionally. I release them from my judgment, and I release myself from carrying this burden.

I renounce and revoke any agreements, vows, or alignments—made knowingly or unknowingly—that are not in harmony with Your truth and love. I withdraw any consent to spiritual influences that bring fear, confusion, or oppression.

Replace false beliefs with clarity. Replace shame with dignity. Replace anxiety with trust. Protect my mind from tormenting thoughts. Guard my heart from destructive influences. Close every door that allows fear, oppression, or confusion to linger.

Reveal anything further I need to address so that I—and my family—may walk in freedom and peace.” (Pause quietly and listen for insight, conviction, or guidance.)

Fill me with Your peace. Anchor me in Your love. Teach me how to forgive fully and live freely. I choose healing. I choose truth. I choose to walk in the light of Your presence. Amen.

HOW FEAR, ANXIETY AND PHOBIAS “OPEN DOORS” TO DEMONIC INTERFERENCE

Human beings consist of a physical body and a soul—mind, emotions, and will. These inner areas influence perception, belief systems, and decision-making. When fear becomes chronic or overwhelming, it can distort thinking and increase vulnerability to unhealthy influences—spiritually, emotionally, and relationally.

It is important to maintain balance: experiencing fear or intrusive thoughts does not automatically mean spiritual oppression. Many thoughts and behaviors arise from trauma, conditioning, biology, or environmental stress. Discernment and grounded wisdom are essential.

Below are some areas where heightened fear can increase vulnerability:

Unresolved Trauma and Phobias: Intense fears may stem from forgotten or suppressed experiences, learned behaviors, or unresolved trauma. The mind can store emotional memories even when the event itself is unclear. Persistent fear patterns can then be reinforced through imagination, suggestion, or rumination.

Environmental Influences: Certain environments may trigger anxiety because of personal history or collective emotional associations (for example, hospitals, crime scenes, or places linked to painful memories). Emotional residue is often psychological rather than supernatural; however, if a place consistently triggers distress, it is wise to honor your body’s response and set boundaries.

Media and Information Exposure: Repeated exposure to violent imagery, disturbing content, conspiracy theories, or rage-driven media can heighten fear and emotional instability. The nervous system does not always distinguish between direct experience and repeated visual stimulation. Limiting media consumption and prioritizing uplifting content supports mental clarity and peace.

Family History and Generational Beliefs: Family narratives about “bad luck,” illness, tragedy, or inherited struggles can shape expectations and create fear-based thinking. While generational trauma is real in psychological terms, it is not destiny. Awareness allows you to consciously choose different patterns moving forward.

Medications and Altered States: Certain medications or altered states of consciousness can intensify anxiety symptoms. If you experience new or severe symptoms, consult a qualified healthcare provider. Physical and neurological causes should always be evaluated responsibly.

IF YOU ARE EXPERIENCING ACTIVE DEMONIC INTERFERENCE

If you feel overwhelmed by intrusive thoughts, nightmares, unusual physical sensations, or intense fear while doing this work, pause. Ground yourself. Seek support from a trusted spiritual mentor, counselor, or licensed mental health professional.

Persistent intrusive experiences often require both spiritual and clinical support. Ignoring medical or psychological care can delay healing.

Continue your healing journey with balance. Do not become consumed with battling fear. Maintain healthy rhythms—rest, connection, creativity, laughter, and time outdoors. Fear thrives on isolation and exhaustion. Peace grows through steadiness and truth.

Ask daily for courage, clarity, and strength. Focus on building a grounded, loving relationship with the Creator rather than focusing on opposition. Healing deep wounds takes time, but steady, patient work leads toward lasting freedom.

Remember: the goal is not to fight endlessly—it is to live freely.

30 WAYS TO WEAKEN DEMONIC INTERFERENCE

1. **Renounce known sin** clearly and sincerely, without self-condemnation.
2. **Practice regular repentance**, keeping your conscience clear.
3. **Forgive others fully**, even when emotions lag behind obedience.
4. **Forgive yourself**, closing doors opened by shame and self-hatred.
5. **Break unhealthy soul ties** through prayer and conscious detachment.
6. **Reject lies immediately** when intrusive or condemning thoughts arise.
7. **Speak truth aloud**, using Scripture or affirmations aligned with God's Word.
8. **Stay grounded in your body** (deep breathing, movement, rest) to reduce fear-based influence.
9. **Maintain spiritual authority language** (firm, calm, confident—not emotional).
10. **Limit fixation on, stop communication with demons**; focus instead on God, healing, and growth.
11. **Establish consistent prayer time**, not just crisis prayer.
12. **Read Scripture regularly**, especially passages emphasizing identity as a child of God and authority.
13. **Fast periodically**, if safe for you, to strengthen spiritual discipline and clarity.
14. **Remove occult or spiritually compromising objects** from your environment.
15. **Guard what you watch, read, and listen to**, especially fear-based, sexual or violent content.
16. **Get adequate sleep**, as exhaustion lowers mental and spiritual resilience.
17. **Reduce fear-based thinking**, since fear amplifies perceived interference.
18. **Strengthen a relationship with Christ**, focusing on love, trust and reliance.
19. **Stay connected to healthy community** and trusted spiritual support.
20. **Practice gratitude daily**, which shifts focus from oppression to abundance.
21. **Avoid isolation**, where intrusive thoughts gain strength.
22. **Sing and listen to songs of worship or praise, Gregorian chants** which redirects attention.
23. **Set clear boundaries** in thoughts, habits, and relationships.
24. **Ask for divine guidance**, not just deliverance—wisdom weakens interference.
25. **Discern patterns**, noticing what precedes interference (stress, triggers, beliefs).
26. **Refuse dialogue with intrusive thoughts**—do not argue or negotiate.
27. **Strengthen emotional regulation**, learning to sit with feelings without panic.
28. **Live a balanced life**, including joy, creativity, and rest.
29. **Affirm your free will**, reminding yourself you are not powerless.
30. **Persist patiently**, knowing resistance often weakens just before it breaks.

POSITIVE AFFIRMATIONS

I have survived my anxiety before. I will survive it now.

I am safe in the company of others.

I am in control of how I respond to challenges and setbacks.

I inhale peace and exhale worry.

I can relax my muscles and calm my mind.

I find joy in the little things.

I am not alone. I know where to turn for help when I need it.

I am grateful for who I am and what I've accomplished.

I don't have to prove myself to anyone.

I deserve to be here, and I deserve to be happy.

Perfection is a myth.

I release the past and embrace the present.

I release worry and know that this too, shall pass.

I am enough, exactly as I am.

I have done this before, and I can do it again.

I am strong, brave and capable.

I take things one day at a time.

This feeling is only temporary.

In this moment, I am safe and in control.

I let go and I am free.

I can handle whatever comes my way.

I can move past this moment.

I have so much to be grateful for in my life right now.

I act with confidence because I know what I am doing.

I am different and unique, and that is OK.

I am prepared and ready for this situation.

I can do this, I know I can, and I will.

I am here, I am now, and I am well.

I can handle anything that's to come.

I let go of what I can't change and do my best with what I can.

I have been through hard things before and have survived them.

I am worthy of good things.

All of my feelings are valid.

Everything that is happening now is truly for my highest good.

I believe in my ability to get through tough times.

The feelings in my body are normal and I fully accept them.

I have everything I need within me.

I am blessed, loved, and supported.

SCRIPTURAL COMFORT

Therefore, I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature?
~ Matthew 6:25-27

Therefore, do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble. ~ Matthew 6:34

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid ~ John 14:27

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. ~ Philippians 4:6, 7

I can do all things through Christ who strengthens me. ~ Philippians 4:13

And my God shall supply all your need according to His riches in glory by Christ Jesus. ~ Philippians 4:19

Let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.
~ Colossians 3:15

For God has not given us a spirit of fear, but of power and of love and of a sound mind. ~ 2 Timothy 1:7

Therefore, humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you. ~ 1 Peter 5:6-7

Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you. ~ Deuteronomy 31:6

I have heard your prayer, I have seen your tears; surely I will heal you. ~ 2 Kings 20:5

Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go. ~ Joshua 1:9

I will both lie down in peace, and sleep; for You alone, O Lord, make me dwell in safety. ~ Psalm 4:8

Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved.
~ Psalm 55:22

Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths. ~ Proverbs 3:5,6

Anxiety in the heart of man causes depression, but a good word makes it glad. ~ Proverbs 12:25

To everything there is a season, a time for every purpose under heaven. ~ Ecclesiastes 3:1

Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand. ~ Isaiah 41:10