



## **ANXIETY: FRIEND OR FOE?**

David E. Jenkins, M.A.,LPC

Anxiety is a normal response to an abnormal situation. When an individual experiences situations that seem to be routine anxiety typically is low, however, when life presents an event that has the potential of being threatening or life altering anxiety is often the result.

Paul was presented with an anxiety producing situation while in prison in Rome and he stated that he was anxious. Many times people believe that anxiety is sinful, however, it seems to be a normal part of life.