



Anxiety (Body) is when a person perceives they are not equipped (Skills) to respond to what is in front of them (Life).

Anxiety is when we perceive that we do not YET have the required skills to deal with what is in front of us.

Anxiety reduces when we perceive we DO have the required skills to respond to life.

Lasting behaviour change occurs when we feel equipped to respond to the lessons life has presented.

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Here to support you ...