



# Loving Someone with Anxiety: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series)

By Kate N. Thieda MS LPCA NCC

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**Loving Someone with Anxiety: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series)** By Kate N. Thieda MS LPCA NCC

Dealing with an anxiety disorder is hard, but loving someone with an anxiety disorder can be equally as difficult. If your partner suffers from extreme anxiety, they may have panic attacks, constantly be voicing their worried thoughts, or may not be able to participate in social events because of a fear of social settings. No matter how compassionate you are, you may sometimes feel frustrated, unable to help, and even find your own life restricted—all of which can lead to conflict, resentment, miscommunication, and ultimately, an end to the relationship altogether.

*Loving Someone with Anxiety* is one of the few books written specifically for the partners of people with anxiety disorders. The book is designed not only to aid you in helping your partner cope with anxiety and worry, but also to help you take care of your own needs. Inside, you'll learn the importance of setting healthy boundaries, limiting codependent behaviors, and why taking over roles that make your partner anxious—such as answering the phone, driving, or doing the grocery shopping because your partner feels too anxious to be in public—can be extremely damaging for the both of you.

Codependency in relationships with an anxious partner can lead to resentment, anger, and a sense of helplessness on your side. This book will help you and your partner overcome these negative behaviors, build better communication and a stronger personal connection.

Written by a licensed professional counselor who specializes in helping the partners of those with mental illnesses, this book is the resource that you have been looking for to help you understand your anxious partner and keep anxiety from sabotaging your relationship.

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## Editorial Review

### Review

“For the person whose loved one has anxiety, or for the person with anxiety himself or herself, Kate N. Thieda’s book is practical and solution-oriented. Especially reassuring is that the author blames no one, nor does she claim to teach the reader how to ‘fix’ anyone. She offers both understanding of the anxious behavior and tools to change one’s response to it.”

—**Kristi Webb, PsyD**, licensed psychologist, DBT therapist, and a specialist in depression, anxiety, and trauma

“As an anxiety disorder specialist, I frequently see my clients’ loved ones at their wits’ end—not knowing what to do, how to help, or how to cope. If your loved one suffers from anxiety, I strongly encourage you to read this book.”

—**Julie Pike, PhD**, licensed psychologist and expert in the treatment of anxiety disorders

“This is a very easy-to-read book that provides a clear understanding of the ways that anxiety affects relationships. As Kate N. Thieda points out, good communication is critical in any successful relationship—and especially one that is hampered by anxiety. This book presents readers with important information on how to use effective communication strategies and other techniques for improving relationships impacted by these problems.”

—**Jonathan S. Abramowitz, PhD, ABPP**, professor and associate chair of psychology at the University of North Carolina (UNC) at Chapel Hill, director of the UNC Anxiety and Stress Disorders Clinic

“Countless clients with anxiety ask about a book that will teach their partners about anxiety and offer suggestions for how to help. At last, this is that book! With compassion and practicality, the author offers an understanding of how anxiety impacts a relationship, as well as excellent strategies for how to tackle anxiety and stay strong as a couple. This is a must-get book for anyone loving someone with anxiety.”

—**Annette R. Perot, PhD**, licensed psychologist specializing in the treatment of anxiety disorders

“A must-read for partners living with a loved one experiencing any form of anxiety! Through both partners’ eyes, Thieda provides robust and engaging content on the common thought patterns, reactions, and behaviors creating anxiety, along with reflective questions, exercises, interpersonal tools, and strategies for supporting loved ones. She skillfully incorporates mindfulness strategies (including affirmation and self-care) as

enhancing practices for living in the present moment, dissolving anxiety, and promoting inner calmness. Kate's book is chock-full of helpful examples, insights, and resources for both partners!"

—**Judith C. Holder, PhD**, director at Duke Occupational Mental Health Programs, leadership and life coach-consultant, and author of *Mastering Life's Adventures: On the Beam*

## About the Author

**Kate N. Thieda, MS, LPCA, NCC**, is a licensed professional counselor associate, national certified counselor, and psychotherapist in Durham, North Carolina. She is the creator of the blog *Partners in Wellness* on the award-winning website psychcentral.com, targeted to partners of those who have mental illness. She graduated with her bachelor of arts from Michigan State University and a master of science in counseling from the University of North Carolina at Greensboro.

## Users Review

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#### Ryan Wysocki:

Now a day folks who Living in the era just where everything reachable by match the internet and the resources in it can be true or not require people to be aware of each facts they get. How individuals to be smart in having any information nowadays? Of course the reply is reading a book. Studying a book can help persons out of this uncertainty Information particularly this Loving Someone with Anxiety: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series) book as this book offers you rich details and knowledge. Of course the information in this book hundred per cent guarantees there is no doubt in it as you know.

#### Paul Tirrell:

Spent a free time to be fun activity to do! A lot of people spent their down time with their family, or their own friends. Usually they accomplishing activity like watching television, planning to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Might be reading a book might be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to consider look for book, may be the book untitled Loving Someone with Anxiety: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series) can be very good book to read. May be it is usually best activity to you.

#### Alma Driver:

A lot of people always spent their very own free time to vacation or perhaps go to the outside with them family or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity that is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book which you read you can spent the whole day to reading a reserve. The book Loving Someone with Anxiety: Understanding and

Helping Your Partner (The New Harbinger Loving Someone Series) it is quite good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. When you did not have enough space to bring this book you can buy the actual e-book. You can more very easily to read this book from a smart phone. The price is not too costly but this book possesses high quality.

**Marivel Tye:**

People live in this new morning of lifestyle always try and and must have the time or they will get lots of stress from both daily life and work. So , once we ask do people have time, we will say absolutely of course. People is human not just a robot. Then we question again, what kind of activity do you have when the spare time coming to anyone of course your answer will probably unlimited right. Then do you try this one, reading textbooks. It can be your alternative throughout spending your spare time, the actual book you have read is Loving Someone with Anxiety: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series).

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