

BILLY AND THE ANXIETY MONSTER

HOW TO LOVE YOUR ANXIETY AND HEAL



A GROWN-UP BOOK
FOR YOUR INNER CHILD

peter bedard

ILLUSTRATED BY BRIAN SHEFFIELD HUNT

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Disclaimer

The purpose of this book is certainly not to oversimplify anxiety, or any other condition. It is to share an idea, a process for healing and working through anxiety, that has been demonstrated as effective time and time again; that is approachable, repeatable, and doable. The process that Billy goes through is designed to encourage the individual to learn how to listen to the parts of themselves that are suffering and to tune into their own innate ability to heal. In no way is this process a substitute for medical or professional help.

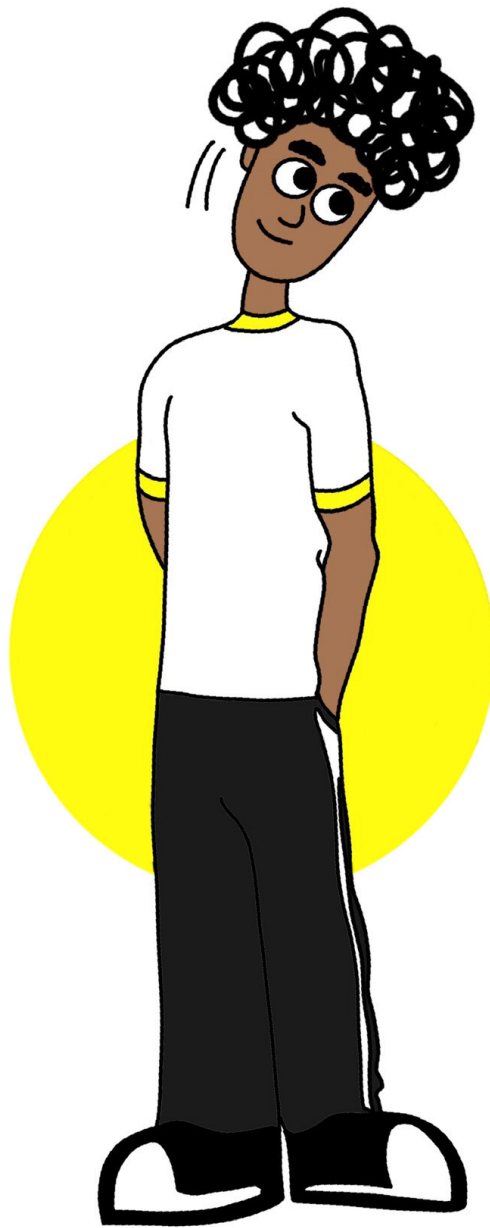
Peter's work, the "Convergence Healing" process, the processes laid out in this story, are intended to help people discover their choices for healing, body, mind, spirit. Take what you like and leave the rest. Much of the information here is based on the natural healing model rather than the medical allopathic model. While every caution has been taken to provide you with the most accurate information and honest analysis, please use your discretion before making any decisions based on the information in this book. Convergence Healing is not liable or responsible for any loss, inconvenience, or damage relating to your use of any of this information.

Acknowledgements

I am in deep gratitude for every Gryllus that I have met on my journey with my clients, including my own. Thank you for pushing me to heal in ways I never thought I could.

To my amazing family and beautiful friends, I am so grateful for your patience, kindness, and compassion.

Thank you,
for loving yourself and reading this book!

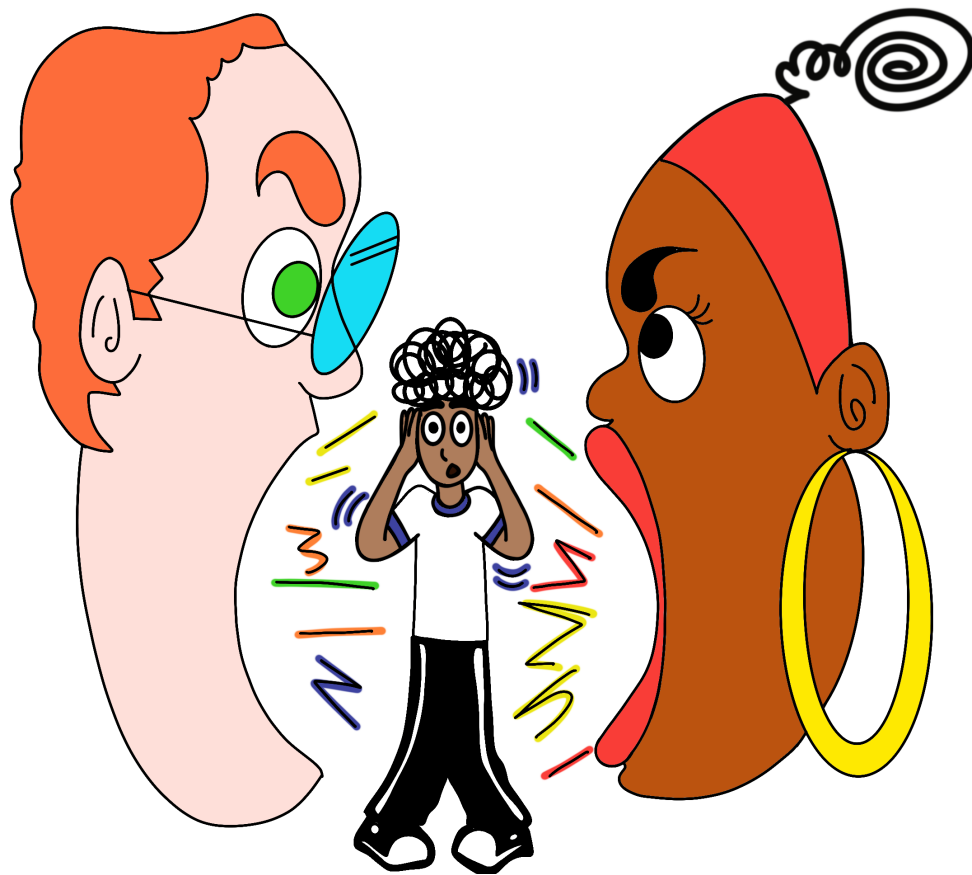


ONCE UPON A TIME, THERE WAS A BOY NAMED BILLY WHO LOVED TO BE SILLY. BILLY LIKED TO LAUGH WITH HIS BELLY AND GIGGLE WITH HIS SMILE. WHILE HE HAD A HAPPY HEART.....

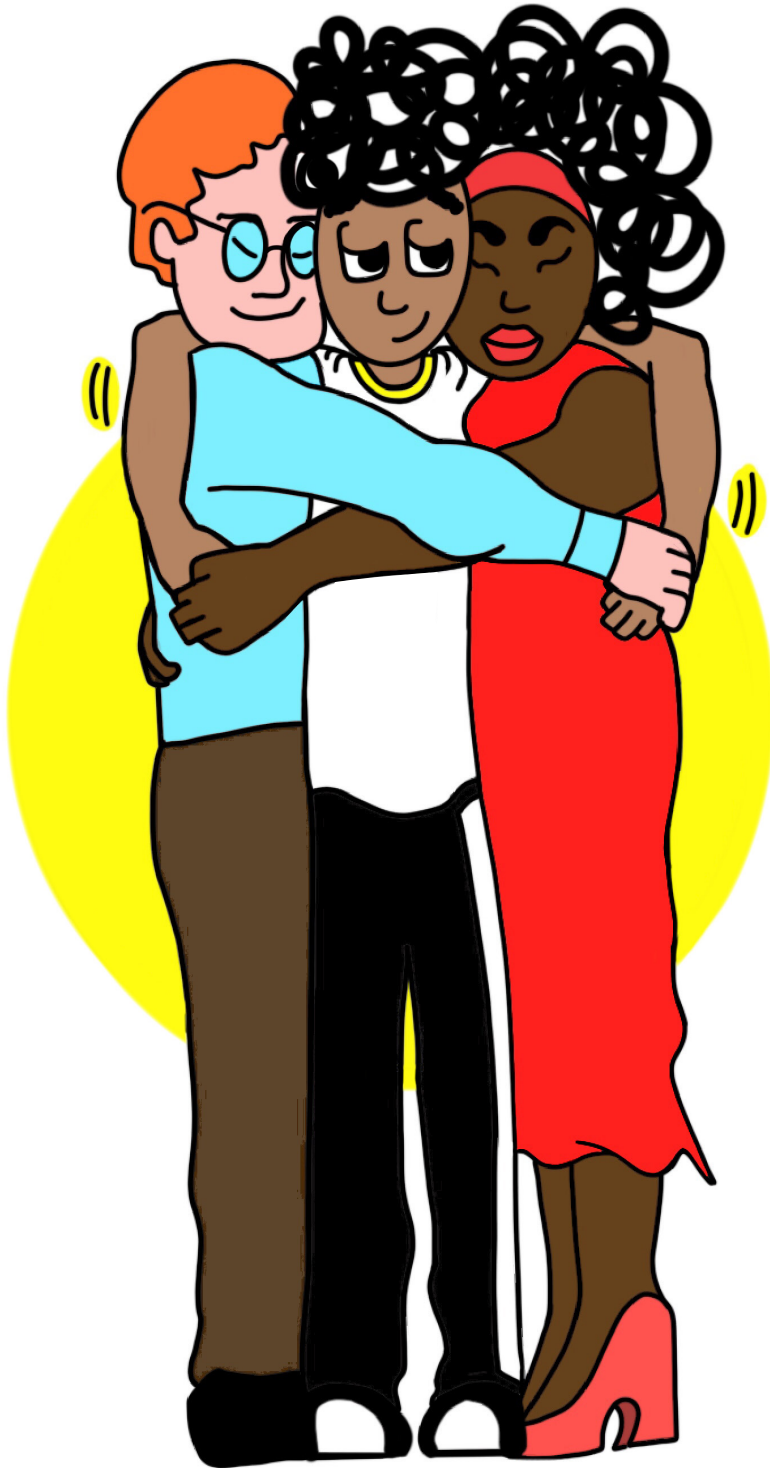


SOMETIMES BILLY FOUND HIMSELF FEELING NERVOUS IN GROUPS OF PEOPLE OR EVEN BY HIMSELF. HE WORRIED ABOUT SCHOOL MORE AND MORE, AND THE BELLY LAUGHS HAPPENED LESS AND LESS. HE WORRIED ABOUT HIS PARENTS, AND THE GIGGLES HARDLY HAPPENED ANYMORE. HE WORRIED ABOUT BEING GOOD ENOUGH IN SCHOOL, FOR HIS FAMILY, AND EVEN HIS FRIENDS. OFTEN, BILLY FELT A STRANGE FEELING, LIKE BEING LOST AND DISORIENTED, EVEN WHEN HIS FRIENDS OR FAMILY WERE RIGHT THERE.

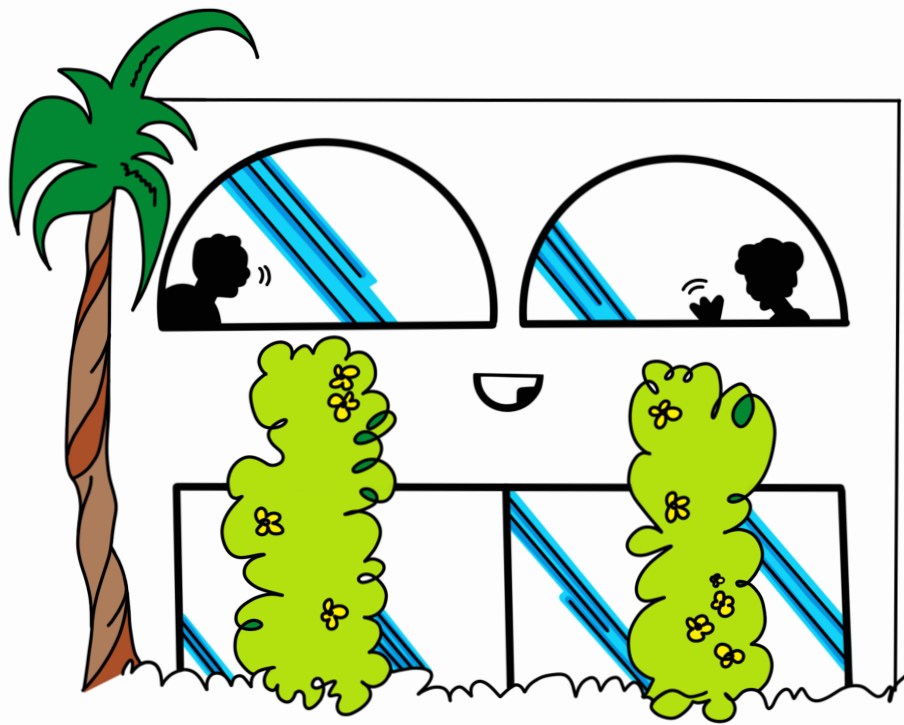
ONE DAY, BILLY'S PARENTS STARTED ARGUING. BILLY'S MOM WAS CLENCHING HER FISTS, AND HIS DAD KEPT STOMPING UP AND DOWN. BILLY THOUGHT TO HIMSELF, "IF I ACTED LIKE THIS, I WOULD BE GROUNDED!" THINGS GOT PRETTY BAD, AND ALL OF THESE FEELINGS FLOODED INTO BILLY ALL AT ONCE. BILLY STOOD THERE. WHAT ELSE DO YOU DO IF YOU FEEL LIKE YOU CAN'T DO ANYTHING?



IN FACT, BILLY COULDN'T MOVE. HE TRIED TO CRY, BUT TEARS WOULDN'T COME. HE TRIED TO YELL AND TELL HIS PARENTS TO "STOP!" BUT HIS VOICE WOULDN'T WORK. HE STARTED TO SWEAT AND GET RED HOT. AT THE SAME TIME, HE FELT THAT ICY BLUE SHIVER RUN UP AND DOWN HIS SPINE. HIS EYES WERE OPEN, BUT HE FELT LIKE HE COULDN'T OPEN THEM WIDE ENOUGH, AND THE WORLD STARTED SPINNING AROUND HIM. WHEN HE FORCED HIS EYES SHUT, IT WAS AS IF THE YELLING GOT LOUDER INSIDE BILLY'S HEAD. HE BEGAN TO SHAKE AND WOBBLE, AND TEARS FINALLY CAME AS EVERYTHING SUDDENLY WENT DARK.



BILLY OPENED HIS EYES A FEW MOMENTS LATER. HE WAS BEING HELD IN A BEAR HUG, SQUISHED BETWEEN HIS MOM ON ONE SIDE AND HIS DAD ON THE OTHER. BOTH WERE HOLDING HIM TIGHTLY, AND BILLY FELT BETTER! THE SCARY FEELINGS THAT OVERWHELMED HIM HAD FADED, AND THE RED-HOTNESS AND COLD SHIVERS WERE GONE. AT LEAST, FOR NOW.



A FEW DAYS LATER, BILLY WAS SITTING DOWN WITH HIS THERAPIST PETE, OR “MR. PETE” AS BILLY LIKED TO CALL HIM. BILLY SHARED HOW SCARED HE WAS A FEW DAYS AGO WHEN HIS PARENTS WERE ARGUING AND HOW HE DIDN’T UNDERSTAND WHAT HAD HAPPENED TO HIM. HE TOLD MR. PETE THAT HE WAS A LITTLE FREAKED OUT. MR. PETE ASKED BILLY A FEW QUESTION, AND HE EXPLAINED TO BILLY THAT HE HAD PROBABLY EXPERIENCED SOMETHING CALLED AN ANXIETY ATTACK. FOR BILLY, IT WAS MORE THAN JUST ANXIETY. BILLY FELT HE UNDERSTOOD THE WORD “ATTACK” DEEPLY, AND HE TOLD MR. PETE HOW AFRAID HE WAS THAT THIS ANXIETY ATTACK WOULD COME BACK. THEN MR. PETE ASKED BILLY A QUESTION THAT HE THOUGHT WAS REALLY WEIRD. “WHAT IF YOUR ANXIETY WASN’T A BAD THING?”



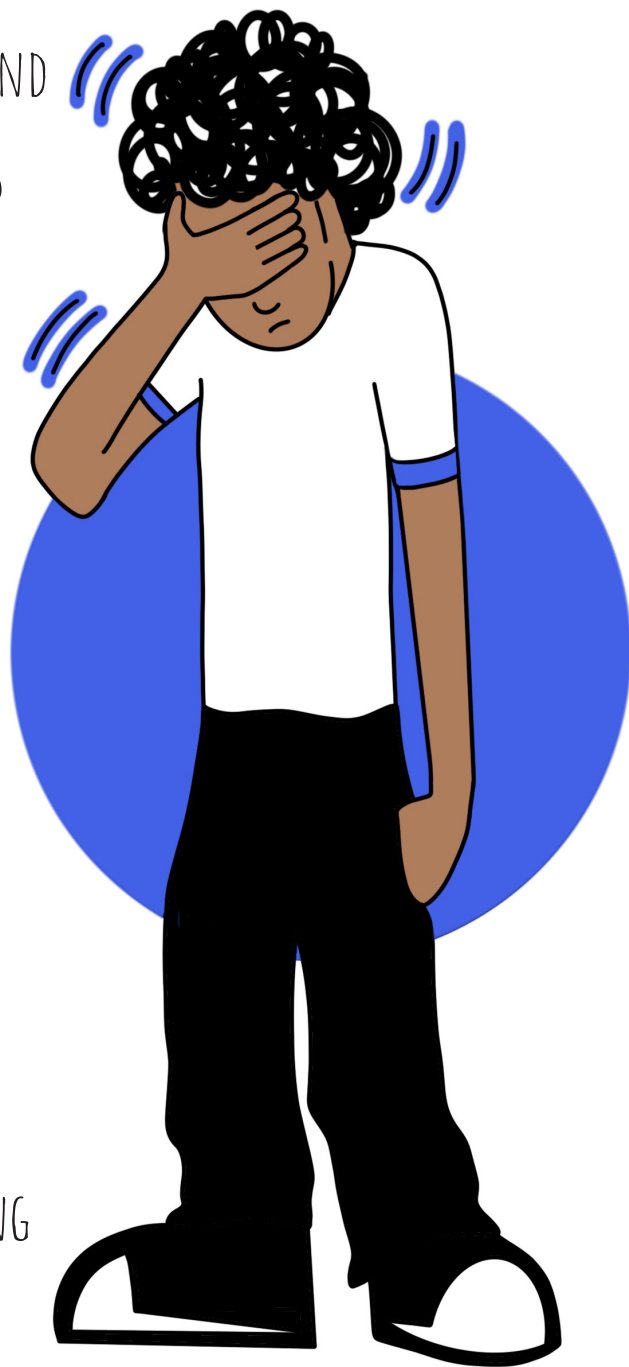
BILLY THOUGHT ABOUT IT FOR A MOMENT,
AND HE SAID, “IF IT WAS A GOOD THING, I DON’T WANT TO FEEL THAT EVER AGAIN.”

“WELL,” ASKED MR. PETE, “WHAT IF THE COLD SHIVERS AND THE HEAT THAT MADE
YOU SWEAT WERE SIGNALS? “WHAT IF THEY ARE YOUR BODIES WAY OF REMOVING
YOU FROM SOMETHING YOU DON’T LIKE, SOMETHING SCARY OR UNSAFE?”

BILLY THOUGHT ABOUT IT FOR A MOMENT AND RELUCTANTLY SAID, “WELL, IT DID GET MY PARENTS TO STOP YELLING AT EACH OTHER. AND, IT FELT REALLY NICE TO HEAR THEM TELL ME HOW MUCH THEY LOVED ME WHEN THEY HUGGED ME.”

MR. PETE ASKED, “SO, ALTHOUGH YOU DIDN’T LIKE THE FEELING OF THE ANXIETY, IT ACTUALLY DID SOMETHING GOOD FOR YOU?”

“I GUESS,” BILLY ADMITTED IN A VERY DOUBTING TONE.



MR. PETE ASKED, “WHAT DID THE ANXIETY LOOK LIKE, BILLY? I MEAN, IF YOU WERE TO DRAW IT FOR ME, WHAT WOULD IT LOOK LIKE IN YOUR DRAWING?”

BILLY TOOK A MOMENT TO THINK THIS OVER. NO ONE HAD ASKED HIM ABOUT THIS BEFORE, BUT HE DID REMEMBER A SCARY MONSTER THAT HE HAD SEEN IN A BOOK ON MEDIEVAL HISTORY. IT WAS A FUNNY AND STRANGE LITTLE MONSTER WITH BIG MENACING EYES, WILD FUZZY HAIR, AND NO ARMS! MOST IMPORTANTLY, IT LOOKED HIGHLY CAPABLE OF GROWLING AND SNARLING AND MAKING YOU FEEL REALLY SCARED.

BILLY SAID, “IT WOULD BE A MONSTER!”



For Further Information

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