

## Notes for a Research Paper On Generalized Anxiety

- Image search for “generalized anxiety disorder” produces large coll. of head gripping photos.  
finger positions vary.
- pointer finger 2 temple. thumb 2 lip divet.
- how come—that one girl’s got both hands buried in hair. no face visible.
- hc wrinkly suited guy cups his own face like a new born duck.
- hc black and white. technicolor. such a great distance.
- everybody playing face chord of hysterics. doing it in a digital echo chamber.
- On the other side of a picture is a feeling with infinite wingspan.
- My rib cage cannot withstand it.
- Mayo Clinic —→ “being female,” risk factor for being anxious.
- it is bolded. being female.
- Scroll. Click. Look. Look. What is it. Look.
- Once I forgot where I parked my car. Another time I couldn’t remember my name. Another time, I was nine, and I said to my mother—are the doors locked? Are you sure?
- But are the windows locked? Are you sure?
- There is a way of doubting yourself that has infinite capacity to expand. It happens in a minute and then it happens for your whole life.
- You go back. To see if the key fits in the lock. If your hands are clean. If you have failed to fail and in so doing you have escaped to live another day.
- Scroll. Click. Look. Look. Pay attention. Stop letting your mind wander, Sara—Pay attention.
- Another risk—→personality. Which is something like a mean, hungry bird that has taken up perching on your unmentionable center.
- This sometimes goes by the code word “genetics.”
- I remember learning to swim. My father vibrated at the pool lip. My mother white knuckled the guardrail.
- Holding on really firmly to things interferes with your motor control.
- But it is also a form of self-soothing.
- Turns out that neither of the two previous statements can be verified in a source.