



## Episode 000: The Anxious Pastor

### *Introduction to the Episode*

Welcome to the Anxious Pastor Podcast. Before you begin this podcast journey with us, I'd like to share my story. I will admit that I have no educational degrees in health and wellness or counseling. I'm merely a pastor who currently struggles with anxiety and depression. In Episode 000, I want you to hear my heart for this podcast and hear why I believe it's important for us to journey this together.

### *Podcast Episode Summary*

#### **My Story of Anxiety and Addiction**

- I was a sensitive and shy kid
- I was made fun of from K-5 grade
- I dwelt with a pornography addiction from 8th grade into the first couple of years of my marriage
- Anxiety has been a big part of my life because of my past

#### **The Future of this Podcast**

- We'll talk about topics we all deal with
  - Marriage & Parenting
  - Driving
- We'll create opportunities for input about future episodes

### *Resources & Quotes*

The Anxious Pastor Website: [www.theanxiouspastor.com](http://www.theanxiouspastor.com)

Anxious Pastor Instagram: [www.instagram.com/anxiouspastor](https://www.instagram.com/anxiouspastor)

Anxious Pastor Facebook: <https://www.facebook.com/theanxiouspastor/>

The Anxious Pastor Community: [www.facebook.com/groups/theanxiouspastorcommunity/](https://www.facebook.com/groups/theanxiouspastorcommunity/)

Support the Podcast: [www.patreon.com/theanxiouspastorpodcast](http://www.patreon.com/theanxiouspastorpodcast)