

Oliver Drakeford Therapy Publishes Early Findings on Anxiety Therapy Los Angeles Patterns Through Online Quiz

Oliver Drakeford Therapy's early anxiety analysis reveals how anxiety is more than just a feeling and operates as a system of rules.

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The early analysis of the data is giving us deeper insights into how anxiety operates, helping us refine how we support people in Los Angeles who live with anxiety.”

Oliver Drakeford LMFT CGP

[Therapy](#) has released early data from The Ten Rules of Anxiety Report, revealing behavioral patterns from hundreds of participants that suggest anxiety functions less as an emotion and more as a system of mental rules designed to maintain safety but often reinforce distress.

The findings position Oliver Drakeford Therapy as a recognized provider of anxiety therapy in Los Angeles, demonstrating how research-informed approaches can help individuals identify and interrupt patterns that sustain anxiety.

The data, collected through The Ten Rules of [Anxiety Quiz](#), highlights recurring psychological mechanisms that perpetuate worry, avoidance, and self-doubt. Participants who complete the quiz receive access to a free online mini-course, which expands on the findings with educational materials and evidence-based exercises.

Key Findings from The Ten Rules of Anxiety Data Report

- The Procrastinator’s Pain

Participants who delay decisions until they have “all the information” are 4× more likely to report that anxiety severely impacts their lives — suggesting that perfectionism may intensify anxiety rather than reduce it.

- The Rumination Replay Loop

Those who repeatedly review past conversations for errors are 43.8× more likely to worry about future interactions, indicating that social anxiety can trap individuals between past regrets and

future fears.

- Social Anxiety Spirals

Avoiding social gatherings does not appear to reduce anxiety. Respondents who declined unfamiliar events were 38.3× more likely to report a persistent urge to act on anxious thoughts.

- Self-Doubt and Doom Loops

Low confidence was associated with a more pessimistic outlook. Participants who expressed self-doubt were 4.3× more likely to anticipate negative outcomes, linking self-perception directly to chronic worry.

- The Positive-Thinking Paradox

Only 4.8% of respondents indicated that “just think positive” strategies were effective for managing anxiety, suggesting that suppression or avoidance of fear may reinforce anxiety responses.

THE 10 RULES OF ANXIETY

TEN RULES OF ANXIETY

Anxiety isn't random — it plays by a predictable set of rules.

Over years of working as a therapist, I've seen these same ten rules show up again and again.

Anxiety's three main goals are to keep you:

- **Small** — so you don't take risks or grow.
- **Safe** — so you avoid uncertainty and stick to the familiar.
- **Separate** — so you withdraw from people and opportunities.

The way anxiety achieves those goals is by getting you to follow these rules without realizing it.

But here's the truth: once you know the rules, you can break them.

Find out more: take the quiz:





THE LAW OF INADEQUACY



THE PRINCIPLE OF PRIORITY



THE DEMAND FOR CONTROL & CERTAINTY



THE COMPARISON CONTRACT



THE DOOM LOOP CLAUSE



THE WORRY IS THE SOLUTION PARADOX



THE BOOMERANG EFFECT



THE SMALL IS SAFE DIRECTIVE



THE SELF-ATTACK STATUTE



THE CONSTANT THREAT IMPERATIVE

The 10 Rules Of Anxiety

About Oliver Drakeford Therapy

Oliver Drakeford Therapy provides anxiety therapy and couples therapy in Los Angeles, integrating research-based interventions with practical strategies that promote emotional awareness and resilience. The Ten Rules of Anxiety framework is part of the practice's ongoing initiative to make psychological insights accessible through interactive tools, online education, and data-driven mental health resources.

Oliver Drakeford

Oliver Drakeford Therapy

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