

# Resolving ANXIETY

## ANXIETY

1. What is the emotion driving anxiety?
2. Anxiety is a failed attempt to \_\_\_\_\_ the \_\_\_\_\_
3. Name (3) common judgments about anxiety.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
4. How do you respond to anxiety? In ***yourself***? In ***others***?
5. Please write what's most commonly occupying your mental real estate...
  - a. ***What if...***
  - b. ***What I'm afraid might happen is...***
  - c. ***What if...***
  - d. ***What I'm afraid of is...***
  - e. ***What if...***
  - f. ***What I'm afraid of it...***

# Five Steps to

## EFFECTIVELY MANAGE YOUR ANXIETY

### BACK FROM THE FUTURE TOOL

#### 1. Get Present in Your Body

- When you notice worrisome thoughts on repeat, begin to slow and deepen your breath.
- Focus on gravity pulling you down and the chair / couch / floor are supporting you.
- Become acutely aware of your ribcage expanding and contracting with each breath.
- When you are in your body, you can't be in the future. The body is in the present moment.

#### 2. Name that Fear

Begin by writing down the **fear** that you are ready to transform:

*What I'm most afraid of is...*

*What if...*

#### 3. Expand Your Perspective

Go back to your list of fears and challenge your own thinking to reveal limiting beliefs.

One by one, counter each one with:

*Right here, right now, the truth in the present moment is...*

*- I am healthy and cancer-free today.*

*- I am safe and secure right now.*

*Right here, right now, the truth in the present moment is...*

#### 4. Reprogram Your Thinking

It's time to get creative! Now you get to create an "I am..." statement to replace your fearful thoughts.

What would be the most powerful, clear statement that would counteract your fears?

*Eg. If you're concerned about your health, you may write, "**I am whole, healthy & well.**"*

*Eg. If you're worried about your strength, you may write, "**I am strong and resourceful.**"*

***The most powerful, clear statement that would counteract my fears is...***

#### 5. Ask yourself:

What would **self-trust** and **courage** do now?