



Understanding Anxiety in 10 Steps

1. Remember that although your feelings and symptoms are frightening, they are not dangerous or harmful.
2. Understand that what you are experiencing is just an exaggeration of your normal bodily reactions to stress.
3. Do not fight your feelings or wish them away. The more you are willing to face them, the less intense they will become.
4. Do not add to your panic by thinking about what "might" happen if you find yourself asking, "What if?" tell yourself, "So what!"
5. Stay in the present. Notice what is happening to you instead of what you think might happen.
6. Label your fear level from zero to ten and watch it go up and down. Notice that it does not stay at a very high level for more than a few seconds.
7. When thinking about the fear, change the "what if.. Focus on and carry out a simple task, such as counting backwards from 100 by 3s or snapping a rubber band on your wrist.
8. Notice that it begins to fade when you stop adding frightening thoughts to your fear.
9. When the fear comes accept it. Wait and give it time to pass without running away from it.
10. Be proud of yourself for your progress, and think about how good you will feel when you succeed this time.