

## One Page Summary of Your Chronic Anxiety Practice

### Welcome to Your Chronic Anxiety Practice

This is a 1 week practice, but if your problem is really ingrained, do it for 30 days. Also come back to it anytime you start to feel chronic anxiety reappearing in your life.

Note: You're not doing to become free from fear or anxiety. You're just looking to calm down fear and anxiety to more reasonable levels -without having to repress fear- such that you'll feel better, be better equipped to handle stressful situations, be more in flow with your challenges and also be more productive.

#### **Your practice:**

- Do this Method for a solid week or (depending on your needs) for a solid month.
- Do this Method at least once a day or (if you want your chronic anxiety resolved sooner) several times a day, for up to 10 minutes or longer each time.
- Do this Method right before your most uncomfortable times of the day.

\*Keep in mind our equation throughout the process: chronic anxiety = fear x chronic resistance.

Do all four steps, 4 times in a row, first addressing resistance to your discomfort. Then do all four steps, 4 times in a row, addressing fear. Then do all four steps, 4 times in a row, addressing anxiety. After these first 12 times, you can now make your own decision, as you do this Method, to address whatever of the three (Resistance) (Fear) (Anxiety) seem to strike you the most or feel the most pressing.

1. 15 seconds: acknowledge that it's normal and natural to feel (Resistance) (Fear) (Anxiety).
2. 15-30 seconds: do a body scan, to find the (Resistance) (Fear) (Anxiety) in your body, and name what it is that you feel (just stay curious, stay in your body and without thinking too much about it, let the name come to you- knowing it will show up in many different ways), and where it is that you feel it.
3. 15-30 seconds: acknowledge on a scale of 1-10 how strong it is that you feel this (Resistance) (Fear) (Anxiety).
4. 2-5 minutes or should you desire, even longer: feel your (Resistance) (Fear) (Anxiety), all the way -taking on the posture of that feeling or making noises if it helps- without trying to get rid of it.

#### **Final notes:**

- Each time you practice this, it should make you feel better and better. If it doesn't review the Trouble Shooting page in the Ad-On menu.
- Pick away at the additional practices. You will also find these in the Ad On menu.
- Anytime in the future when you start to feel excessive anxiety again (which you will), come back to this practice again and again.