

THE ANXIOUS PERSONS

10 MINUTE

IMMUNE YOURSELF AGAINST ANXIETY

SELF COACHING SCRIPT

- Wake up each day feeling less and less anxious
- Have an almost instant method to cope better with whatever life throws at you
- Disarm anxiety triggers that usually linger
- Feel in control of situations that usually make you feel anxious,
- Work on the causes of your anxiety and not just the symptoms
- Help yourself feel less or no stress, even in highly stressful situations
- Disarm anxiety one trigger at a time



10 MINUTE IMMUNE YOURSELF AGAINST ANXIETY SCRIPT

Introduction

What you are about to learn is an abridged version of one of my 7 part RENEWAL scripts. The scripts are fill in the blank that have you coach yourself out of the issue at hand. The one you have here is designed to help you cope better with a specific person who stresses you out in anyway and you feel anxious being around them, or dealing with them. This script helps you immune yourself to their effect on you.

What you will get if you follow through and use this script daily is a way to immune yourself from being triggered. Triggers are automatic but conditioned responses that you have associated to that person. A trigger works from what you think of that person, what they do when they are around you and what you think even when they are not there. A trigger isn't something you can always stop consciously, but this process can and does help you to 'de-trigger' that association so you no longer feel what you usually feel.

Directions

1. Read the script out loud taking notes to help you remember what you've said
2. Read and answer all questions and complete the process with your comments at the end
3. Write out your answers if you find it challenging to remember what you say

Mindset

Be honest with yourself, no one else will know what you've admitted to yourself about the situation but it will help you change your stress levels quicker and easier than if you aren't as honest.

Date:

Section 1: Record your problem pattern

1. What is the situation? [be specific]

2. How did you react to this?

Section 2: Explore Origin of disempowering beliefs

5. What made you react as you did?

I

5a. What assumption are /were you working under? [Sentence completion I assume...]

6. How has that or those assumptions changed your perspective about your ability to remain calm and happy and handle the situation from a place of power and strength?

7. What if... your assumptions aren't really the only way to see this, but you feel it is, now what?

8. And given that there is no such thing as only one true perspective on anything that isn't a fact, what if it's not true at all and doesn't mean anything 'bad' you think it means about you, now what?

Section 3: Name possible alternatives

9. The point is to not let how you're treated, or what happens to you to affect you negatively, because how you're treated is filtered through what you believe and if you have a faulty working assumption as the filter, then you are going to see it very differently than if you didn't.

Can you see that this is true for you?

9a. So given that an assumption is just one perspective on things, and there are many more of equal validity, what else could this situation mean other than your present meaning? [use Q6 to help you]

Section 4: Expose Fantasy From Reality

10. If you were to describe reality in it's pure form, i.e. just what occurred, without your thoughts, any emotions, expectations or assumptions, how would you describe it? [eg At 7.30 am I got up went downstairs and saw my boyfriend at his laptop, spoke to him and grabbed a drink]

11. And if you react now to your assumptions possibly not being true, how does how you now describe things, change how you see you, them, the situation?

Section 5: Weed out false assumptions

12. So what new perspectives can you make that empowers you and allow you to feel good about yourself?

Section 6: Arrive at new meaning

13. Can you now work with this new way of looking at things?

14. And what difference will this make to how you approach this situation?

[eg. I won't come from the perspective that s/he was doing it like that because they didn't like me. I will now start from the place that they did not know how I felt about it and that when I tell them how it is for me and what I want instead without blame or recrimination then I will get more of what I want because I won't get their back up]

Section 7: Lock in new meaning

15. What did you learn from this that will be useful for you going forward?

[That assumptions underpin how I approach situations and can make things worse if I do not have a positive assumption to work from]

Coming next

In your inbox over the next few weeks I will send you hints and tips about how to use this script more effectively to get the most out of it, so watch your inbox for this.