

EMOTIONAL EMPOWERMENT GUIDEBOOK

FOR ANXIETY

EXERCISES AND TOOLS TO SHIFT ANXIETY, FEAR,
AND UNHEALTHY MENTAL PROGRAMMING TO
CREATE GREATER SELF-TRUST AND INNER PEACE.

RECALLING EMPOWERED ANXIETY



Sadness signals **UNCERTAINTY.**

Anxiety alerts us to when you are not controlling what you can, which is your response to a situation or you are trying to control what you can not, which is anything external to you.

EMPOWERED ACTIONS WHEN ANXIOUS

When the Signal is to **AWAKEN YOUR RESPONSE** due to not controlling what you can.

ELIMINATING BEHAVIORS:

- Self-doubt/second-guessing self
- Focusing on perfection
- Procrastinating

ELEVATING BEHAVIORS:

- Self-trust to do your best given the circumstances
- Take responsibility for your response to situation
- Show up for yourself
- Focus on the positive impact you can still have
- Visualizing how you feel when you show up for yourself

EMPOWERED ACTIONS WHEN ANXIOUS

When the Signal is to **AWAKEN YOUR PERCEPTION** due to trying to control what you cannot.

ELIMINATING BEHAVIORS:

- Trying to control what others think of you
- Trying to control outcomes
- Trying to hold self together
- Trying to fix the past or let your past define you
- Unrealistic expectations/perfectionism

ELEVATING BEHAVIORS:

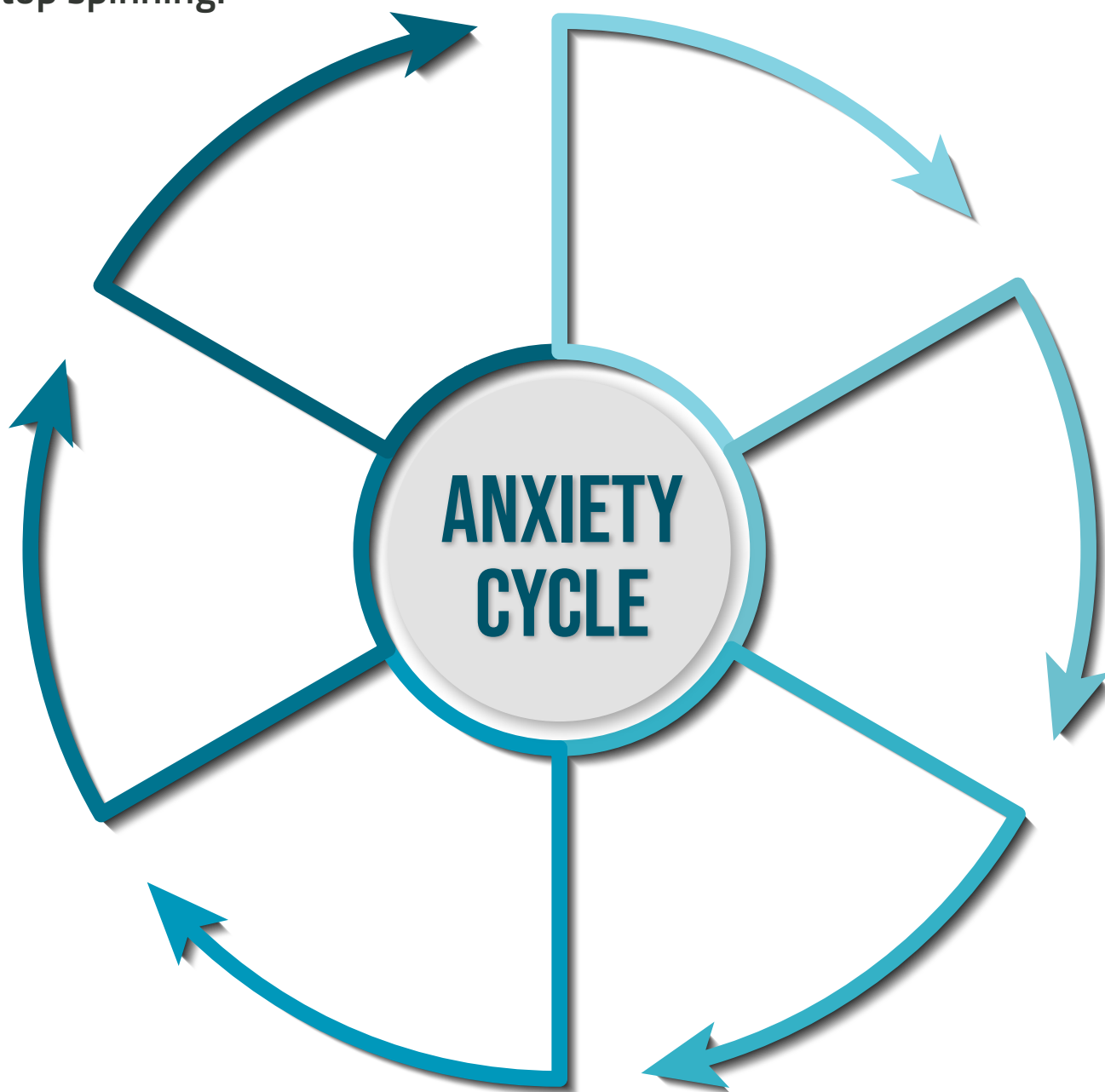
- Self-trust to do your best given the circumstances
- Self-compassionate & acceptance
- Going with what is
- Letting go of everything that is out of your control
- Choosing what will bring you greater inner peace

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

COMMON ANXIETY VICIOUS CYCLE



Anxiety keeps you spinning on a hamster wheel that will exhaust you. By understanding the vicious cycle, you empower yourself to stop spinning.



COMMON ANXIETY PROVOKING BELIEFS/PROGRAMMING

HIGHLY SELF-CRITICAL:

FALLING SHORT:

TASK MASTER:

FEAR OF PAST:

SELF-DOUBT:

HIDING:

LACKING:

HYPER ALERT:

ILLUSION OF CERTAINTY:

FEAR OF FUTURE:

THE LIST OF BELIEFS THAT ATTRIBUTE TO MY ANXIETY ARE JUST PROGRAMS.

THEY ARE NOT TRUE.



4 STEPS TO BUILD GREATER SELF-TRUST

1 CREATE INNER SAFETY

Options:

A) Breathwork with _____

B) Rooting

C) Observation

D) Presence



4 STEPS TO BUILD GREATER SELF-TRUST

2 ADDRESS UNHEALTHY PROGRAMMING

Options:

A) Confront Ego Tapes

B) Unravel Fears

C) Name Your Illusions



4 STEPS TO BUILD GREATER SELF-TRUST

3 BUILDING HEALTHY PROGRAMMING

Options:

A) Reclaim Self-Worth from _____

B) Self-Soothe

C) I Am Statements

D) Gain Comfort with _____

E) Gratitude



4 STEPS TO BUILD GREATER SELF-TRUST



4

CREATE A DISRUPTION

Options:

A) Own Your _____

B) Be Vulnerable

C) Be the _____

D) Step Away



WHETHER HELPING YOURSELF OR OTHERS WITH ANXIETY,

THESE 2 COMPONENTS ARE VITAL TO IMPLEMENT:

1. _____

2. _____

Apply to myself:

Apply to children:

Apply to co-workers:
