

Solutions:

- 2 for 1 technique
- Inner Guide
- Inner Coach
- Future Rehearsal
- Re-program
- Negative Beliefs
- Facts/Stories
- Worry Box
- No-Fail Goal Setting
- NLP Shifting

Problems:

- Negative thinking
- Triggers for anxiety
- Future images
- What if thinking
- Past memories
- Trauma
- Inner Critic
- Negative beliefs

Cognitive

Problems:

- Stomach clenching
- Heart pounding
- Shortness of breath

Physical

Problems:

- Sad, Anxious, Worry, Fear
- Internal Critic (Unconscious)
- Repressed Emotions
- Beliefs (unconscious-not good enough)
- Memories (people laughing)
- Past Events/ Future Events
- Negative thinking
- Negative Blaming Voice
- Triggers for anxiety
- Future images
- What if thinking
- Past memories
- Trauma
- Inner Critic

Emotional

Solutions and Techniques:

- Breath - Calming the mind
- Third Eye - creating stillness
- Energy breath with Color
- Progressive Relaxation (active & passive)
- Yoga / Exercise
- Meditation
- Rubber-band snap
- Goody Bag

Solutions and Techniques:

- Neuro-Linguistic Programming
- Emotional Release
- Future Rehearsal (positive)
- Floating Above
- Gaining A New Perspective
- Inner Guide
- Inner Coach
- Re-program Beliefs to positive ones
- Visualization
- Anchors: Calm, Power, Confidence
- Changing Stories
- Parts Integration
- Healing Light

This diagram is from the Transformation System Used at the Anxiety Control Center.

For more information on using this system go to : www.anxietycontrolcenter.com and contact Audrey