
Technique #1: Take Control of Your Anxiety

Do this procedure **exactly** as it is described.

Set aside 30 minutes each day when you can be alone. Pick a relaxing place which is quiet and completely free of interruptions to be in for this set aside time.

It is helpful if you take a pad of paper to write down some of your thoughts and feelings as they happen.

You will also need some type of alarm clock or stopwatch. Set this to go off in precisely 30 minutes.

This gets easier after the first day as you will have everything prepared and ready to go. Now start your time, and:

Start To Worry

[Worry about anything and everything]

Write down anything you feel is necessary (keep your writings confidential), but keep worrying. If you run out of things to worry about, go back and re-worry about something you've already considered.

When the alarm goes off

STOP!

Put away any writing. Leave your "**Worry Spot**", and do something physical in nature: take a walk, sweep the floor or vacuum the carpet, get on your exercise bike, wash the dishes, etc.

You are **NOT** to worry at other times during the day. If you find yourself focusing, worrying or thinking a lot about something, **STOP!**

Just make note of it and worry about it during your "**WORRY TIME**".

Continue to do this procedure consistently and everyday (no breaks) for a minimum of 30 days.
