

Overcoming Anxiety

It Starts Now

anxiety

anxious

Simple 5-Step Strategy

Prevent The Paralysing Procrastination
That's Holding You Back.

FROM ANXIETY TO FREEDOM

PROGRAMME YOUR MIND FOR SUCCESS

Anxious people tend to procrastinate and ‘hide’ from anything new/unfamiliar and generally live in an almost constant state of worry, fear and doubt. As well as all the physical symptoms that go with it. Their unwillingness to take the first tentative steps out of their comfort zone, into what feels like chaos, fearful and too much to handle will limit their lives, their potential and their well-being. Hence they never recover.

They might, however, ‘dabble’ with some kind of therapy but never really commit, it takes time. It’s ironic because that’s all we have and yet they choose to fritter their time away nurturing, suppressing and giving in to the anxiety and negative demons. Ultimately, they think they ‘can’t change’. Never could they be more wrong!

I have dealt with anxiety and self-development for many years and I can tell you that you can recover and live how you want to live. So I’ve put together the following tips and techniques you can start using immediately to help yourself. Obviously, they are tips and not a full personal programme, but they work. I would seriously encourage you to discover just how you can recover, see bottom of this pdf.

Anything you want in life begins with a thought: "I want to find more customers", "I want to get fit", "I want a good relationship", I want to feel confident, calm and in control, etc.

You then have the good *intention* of finding more customers, going to the gym or creating confidence, and you *might* set off on the road to doing it.

The problem is that most of the world is practising a form of negative self-hypnosis that keeps themselves stuck, thinking of all the reasons why they **can’t** achieve their goal, the what-ifs, the fear. That, coupled with their limiting beliefs, stops that lovely, free-flowing life they could be living.

So if you want to **programme your mind for success**, whatever that means to you, here are some basic tips to kick start the process:

Set Aside Some Time To Do This Properly

If you don't set aside the time you are already telling your brain (or reinforcing the beliefs) that you are not worth it, that it won't work, that it will take too long, etc. So heed your inner talk!

If you find yourself thinking any of these negative thoughts and you still decide to stick with them, you just don't want to change, no problem, that's your **conscious choice**, as long as it is a deliberate choice, and not just the **old pattern of fear** holding you back.

Most people, however, want to change something, raise the bar in some areas of their life, especially anxiety sufferers.

That's when you take action, **different action!** What you've done so far, hasn't worked as well as you'd like, has it?

So, if you are up for this, then...

Commit!

The mind doesn't know the difference between a real and an imagined event. That is why all successful people, from sports people to business people to just about anybody, choose to have someone help them programme their minds. You don't get a professional athlete on the competition day, thinking "I hope I don't lose/what if I don't do well". That's the kind of serious negative self-hypnosis you want to avoid at all costs.

Write It Down

So pen in hand (use the worksheet at the end of this document), really think about one thing, in your life that you would like to improve. Let's say it is anxiety and general negativity and **you want to feel calm, confident and in control in your life.**

If it's eliminating anxiety and/or negativity concentrate on that for now. Now fantasise, let your **imagination run wild, positively**, without any negativity or anxiety. (Anxiety sufferers generally have an incredible imagination and tend to be creative, however, they use their imagination **against** themselves).

So how would you, ideally, love to be living, what you'd be doing, who you'd be with, where would you live, the whole thing, do not worry about the 'how' or logic here, just

enjoy, see it, feel it, hear it and **LIVE IT in the moment**, exactly as you want, it should feel fantastic, go on do it now.

Done it? Good, stay focused. Write down on your worksheet, on the left side, all the old beliefs, thoughts and feelings that have been holding you back.

On the other side, write down what you would need to **Think, Believe, Feel and Do**, to start being or having that particular area working better for you. (to feel calm, confident and in control, spontaneous, anxiety-free).

Again, don't go down the negative route, e.g. "yeah but I've tried that before, I'm not the kind of person who..." STOP IT.

Keep your vision close in your mind. You are now beginning to **FOCUS ON WHAT YOU WANT**. Only very successful people do that consistently, most others let themselves be programmed by their old thinking patterns, news/media/etc., for what they **don't** want! (Be aware of what you read and listen to, choose wisely as all contribute to your self-hypnosis and how you live your life according to your beliefs).

Find one of your limiting beliefs, (on the left side of the page) and change it to something more acceptable, that you write on the right side of the page. For example "I've never been confident" could become "I'm enjoying becoming more confident".

Notice what we've done with the wording. We've turned it into a **process**.

"Enjoying" is a verb, the conscious mind won't argue with that, as long as it is something you want.

If you were instead turning it into an affirmation, e.g. "I am very confident", it could be shot down, by the conscious mind, because it isn't true, yet! (But it's on the way to being true).

Let me illustrate; I have been learning French for several years and a couple of years ago, I noticed my inner talk was becoming consistently negative regarding my French, saying things like; "I'm getting worse at French". One day I said this out loud, and my husband said to me, "Did you just hear yourself", in that second I realised, I was doing what a lot of my clients do, putting myself down with my inner talk and reinforcing that useless negative belief, which had just become a *habit*.

I immediately changed it into "I'm **enjoying** becoming better and better at French". Suddenly there was no conscious conflict because that's what I wanted. So I turned it into a process, not a done deed. Had I said to myself "I'm brilliant at French" my conscious mind would probably have jumped in and said, "No, you're not, your pretty average actually."

Feel It

So try that now on your particular belief, e.g. "I'm enjoying becoming more calmer/confident,/accepting myself/knowing I'm good enough, whatever it is you want. This new belief has to be something you nurture daily! (It's so important that I often make personal hypnosis audios for my clients, to programme their subconscious daily).

You must get **focused** here, say it out loud with confidence and **conviction**.

You should also **feel** it, this is SO important, as feelings begin in the nervous system; the subconscious starts to hear it and done often enough, that repetition becomes a belief, and it gets wired into the nervous system. It's how we change the brain (neuroplasticity), just like strengthening a muscle at the gym.

"Neuroplasticity is the brain's ability to change by establishing new connections."

Now let's add something into this mix. It should **feel** either **exciting, uplifting, or calm**, maybe even an inner feeling of **strength**, your power. You have to wire this in, using your **imagination**, as before. See it on "the screen of your mind" this is what we do with hypnosis. See it in **hi-definition**, really FEEL it! The subconscious sees things in pictures. Do this, at least 20 times per day, even if only for 1 minute, but **see, feel and hear it get all your senses involved** the best you can, live it, in the moment, the calm or the confidence, whatever you have chosen.

"Imagination is more powerful than knowledge." Albert Einstein

Practice

Doing the above at least 20 times a day for **1 minute is how long we need for any new emotion and belief to be a felt emotion** each time (that's how long it takes to start rewiring the brain) it will programme your mind for change if it's done at least 20 times per day, more if possible and longer too when you can. **Let the feeling go into the body (otherwise, there will be a lack of intensity and it will be just too dull to change anything)**. Be aware this is why a lot of people never get past 'go'. They don't do this exercise properly.

You have to do this regularly and out loud (when appropriate), and you **MUST** always **FEEL it as if it's happening now**.

After all, if you don't raise the bar on your life, who will?

Action is the next thing; once you have changed your inner state, you **MUST take ACTION** from this internal state. Your inner state is SO important.

ALL emotion is motion, so you also need to physicalise it. Stand up, do it now. So, let's say, you have to go into a new situation with new people and the old mindset starts up, 'what if..' However, you want to feel extremely confident and at ease with yourself, your body and without your old inner talk getting in the way.

Now you have to imagine, really imagine, the scene you want, **how** you are responding, **what** you are saying and **feeling**. An important point here is that you can never control someone else's behaviour; you can only ever choose **your** responses and actions. So, see and feel how you want to be during that new situation, whatever it is.

Physiology

The most effective and quickest thing we can do to change our inner state, from say, feeling down to feeling positive or pumped up, energised, determined, whatever you want, is changing physiology. I could write a book on this one point alone; in fact, I am writing a book on this coupled with anxiety! The minute we adjust our internal state and realise that we have access to incredible power, it is both liberating and a massive confidence builder.

Let me share this with you: **when you access certain parts of your brain**, it activates certain feelings and emotions.

Human beings are accessing parts of their brain, every moment of every day with images, just outside of conscious awareness. Right now if you think of something that makes you feel good, perhaps a recent pleasant memory, and I asked you to describe what you were seeing, there would be pictures or colours, maybe sound, but importantly a good feeling somewhere in your body. The same goes for something unpleasant.

So when we get good at catching our internal 'states', we can access the picture, even if it's blurry, you will know immediately that's why you are feeling a bit down/apprehensive, or comfortable, happy. Remember this is your old mindset desperately trying to hang on the “way you've always been”. It does not want you to change because it's familiar, it likes it, it's comforting. It's also incredibly limiting. You have so much power if you start using your mind in the right way, being aware of your self-talk and continually programming what you **want** (everything you think, say and do with repetition goes into your subconscious as a programme and it will show up in your outer world). So keep monitoring those thoughts/images/feelings that are keeping you stuck or unconfident, etc.

"Change a depressed person's mood in 60 seconds."

When you see someone either deep in thought or depressed, you will probably find them sitting and looking down, head slightly tilted.

So let me introduce you to a technique I learned nearly 20 years ago, in NLP and Hypnosis training. Try it now:

1. *Stand up.*
2. *Your head is looking straight on but eyes up to the ceiling (the eyes upwards access a more positive part of the brain).*
3. *SMILE, the biggest smile you can muster.*
4. *Think the word YES and say it out loud with passion.*
5. *Take your arms out wide and begin bringing your hands to clap and back out again.*
6. *Do this for at least 1 minute, fast, YES, YES, YES, etc.*
7. *When you've finished, keep your smile, and do whatever it is you want to do. (eg. make that difficult phone call, walk into that meeting like you were the most confident person in the world, sit down, send the email, make the tea, whatever, but in that state.)*

You will feel "**s t r a n g e**"! Why is that? Because you are doing a different behaviour, and it feels odd, not like yourself, not "normal" because **you are now changing how you want to feel and act in your life**, it's unfamiliar. You are actively changing your mindset via physiology for the changes you want. **Emotion is Motion**. Do not underestimate the simplicity of this exercise.

Words of warning: When I do this with depressed people, they hate doing it, yes hate it. Why, because it feels unfamiliar and they feel exposed and don't want to do it, even though they have just experienced a very positive feeling, they will bolt back into the cave the minute they stop because it's familiar, it's a habit.

If you want to change something, you **MUST** practise until it becomes second nature, becomes who you are, and that is about **Identity**, another vast subject which I cover in-depth on my Programme for Anxiety Recovery and Self Development.

From there take action. "fake it 'til you make it". It works. How do you think actors wire the truth into their character!

So I would suggest you read this document through again, stopping after each point, imagine it, then continue. Do this a few times then find a belief you want to work on and do it, every day, frequently, sitting on the train, waiting in the supermarket queue, don't waste time, programme your mind for success at **every** opportunity.

Denise Bosque Training “Building Strong, Emotional & Psychological Resilience”

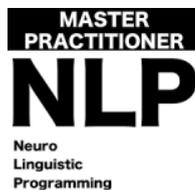
Don't forget to do the worksheet located on the next page!

To learn more about my Anxiety Recovery Programme please email denisebosque@gmail.com or text 07958 341 475

Find more anxiety solutions at <https://denisebosque.com/anxiety/>

Eyes Up, and Onwards & Upwards

Denise Bosque



One thing I want to improve about myself or my life is

.....

Old Beliefs / Thoughts / Feeling holding me back	What I need to Think / Believe / Do