

## Asking yourself these questions and answering them will help you to get FREE of Anxiety and Panic Faster

Try to get as many answers as you can to each question. A few tips on doing this:

- a. Do it in front of the mirror as you look yourself in the eye.
- b. Do it every day, and you will come up with different answers.
- c. Know that you are bringing things from your subconscious mind to your conscious mind, so every moment can bring some new “reasons”. Until those reasons are no more.
- d. Know that each of us has different “reasons” for our anxiety and panic. In all cases there is more than one reason, because anxiety and panic attacks are something that has generally been built up over time. Although they seemingly come out of the blue, they do not.

1. I am IN anxiety and panic because \_\_\_\_\_.
2. Anxiety and panic has a hold on me because \_\_\_\_\_.
3. Getting done with anxiety and panic is difficult because \_\_\_\_\_.
4. Anxiety and Panic is hard for me because \_\_\_\_\_.
5. I struggle with anxiety and panic because \_\_\_\_\_.
6. Anxiety and panic are bigger than me because I am \_\_\_\_\_.
7. I am challenged by anxiety and panic because \_\_\_\_\_.

Now that you have some answers to these questions, you now have a more complete and full picture of why anxiety and panic is present in your life.

This exercise alone puts you far ahead of anyone who struggles with anxiety and panic because without knowing this information, you cannot get done with anxiety.