

# Stop Worrying

Empowered Living

Anxiety

Edition 1: Volume 2



Emotional Manager for Anxiety© EmMa™

## Stop Worrying in 5 Simple Steps

1. **Write Your Goal and Affirm It Daily**
2. **Make a Decision to Take a Firm Stand Against Your Worries**
3. **Change Your Focus**
4. **Focus Your Attention on the Present Moment**
5. **Flip Switch to Gratitude**

### 1. Write Your Goal and Affirm It Daily

The subconscious mind takes everything literally. Program your mind with positive statements. It accepts commands most easily when they are given in the present tense, personal, and in a positive format. Write your goals down and read them at least twice a day. Repetition is one of the surest ways to penetrate the subconscious and replace your worry thoughts.

- ***Begin with "I AM."***
- ***Write with positive emotion. (I am so happy..)***
- ***Write your goal with gratitude.***
- ***Give emphasis to the personal and present tense (I am so happy and thankful now that I am...)***
- ***Finish with the goal - what you want to achieve.***
- ***Be clear and specific as possible.***

Example: "I am so happy and thankful that I can now focus my attention on all the aspects of my life that I am grateful for.

### 2. Make a Decision to Take a Firm Stand Against Your Worries

Ask yourself if your repetitive negative noisy thoughts are helpful. The answer will be most likely be – No! Don't be wishy-washy about this decision. Worries will take on a life of their own if you let them. Firmly

## Empowered Living



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tell yourself, "These thoughts are not helpful." Say, "I will not pay attention to them. It is just noise." Then regularly practice the 4 steps below.

1. Pay attention to your worried, fearful, or anxious thoughts. Observe them as they come up in your awareness and tell yourself, "My mind is trying to get me to worry right now."
2. Ask yourself, "Are these thoughts helping me?"
3. Deliberately decide that you want to stop them from amplifying. "I will not listen to these thoughts. They are not helpful."
4. Reinforce your decision through supportive comments. "I can let go of these thoughts."

### **3. Change Your Focus**

The Law of Focus states that whatever you FOCUS on will get BIGGER! There are no exceptions to this law. It's important to become aware of where you place your focus. If you focus on anxious thoughts your anxiety will increase. If you focus on neutral thoughts your anxiety will decrease.

You can choose where to place your focus even when you are anxious. It will take time and practice to retrain your brain to change your focus. The next several techniques will show you how to use the Law of Focus to your advantage.

Any distracter that demands intense focus of your thoughts can provide significant relief from worry. When the first signs of anxiety are noticed, pick an absorbing distracter and narrow your focus to only that activity.

### **4. Focus Your Attention on the Present Moment**

Focus on what is happening in the present moment. Worrying about the future will not only be a total waste of time, but it will increase your anxiety. Things will seem even worse than they really are. Thinking about a dreaded future will only create anxiety now. Instead distract yourself by focusing on something in the present moment.

Examples include:

- What needs to get done right now in your life? Then do it.
- What am I grateful for in my life in this moment? Make a mental list or write them in your journal.
- What are my goals for today? Pick something that you want to accomplish today, and start it!
- What would I like to focus on right now?

### **5. Flip Switch to Gratitude**

It is biologically impossible to be anxious and calm at the same time. Wouldn't you rather be calm? To do this, practice strategies that soothe the mind and body. One technique is to regularly practice gratitude. Follow the steps below to switch from anxious thoughts to calming thoughts of gratitude.

Flip Switch to Gratitude:

1. As soon as you become aware of the anxious thought say, "Flip Switch!"
2. Next think of **5** things you are grateful for. Say them silently, out loud, or write them down.
3. It will take about 20 to 30 seconds to flip switch to the new cognitive track.
4. Gratitude is the tool you will use to flip switch. You will be changing your focus and calming the mind.

