

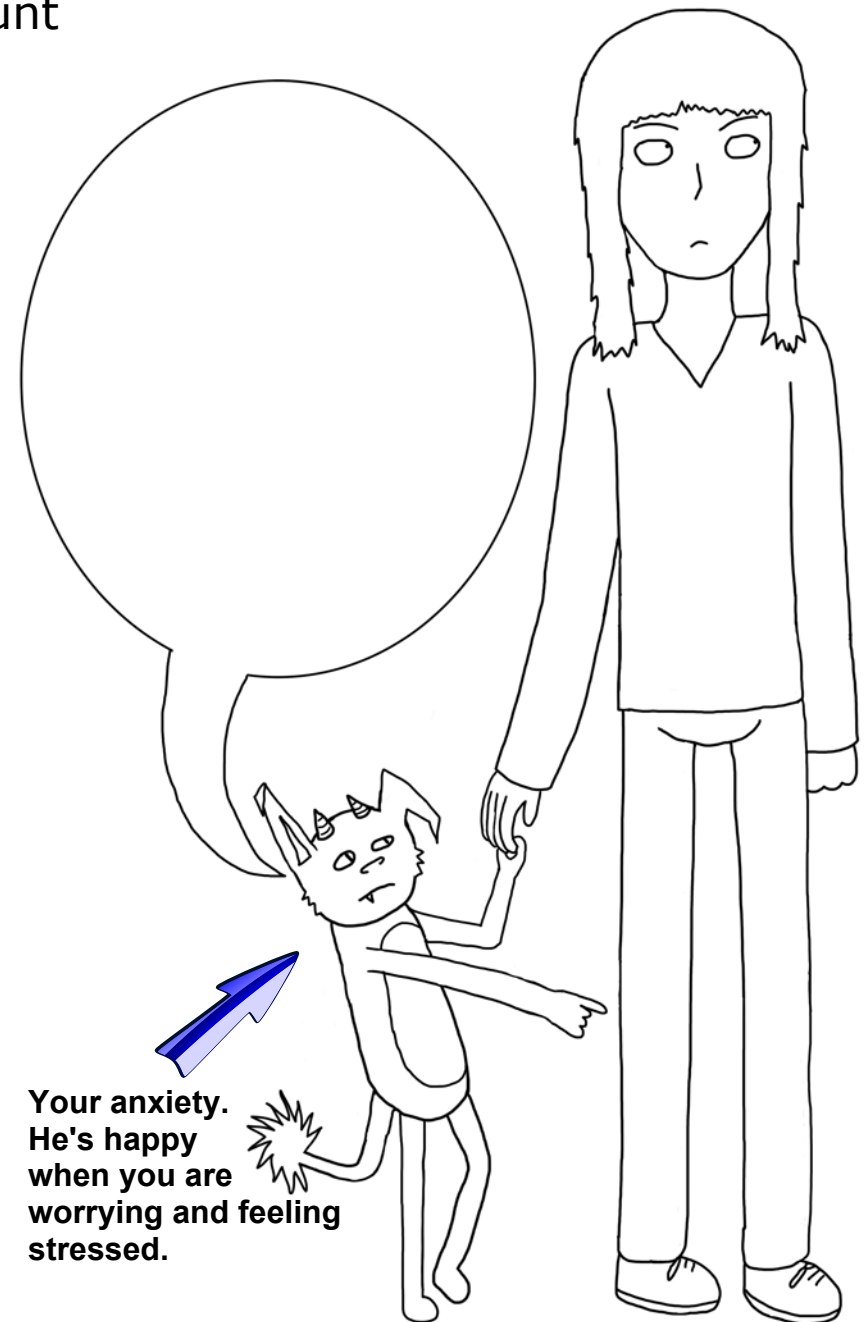
Let us now think about how to reduce the amount of control that anxiety and worry has over us.

A good starting point is to see that anxiety and worry and panic are not part of us. They are *with* us ... but they are not part of our true happy self.

Think back to moments when you were happy and enjoying yourself without a care or a worry on your mind. In those moments you were being your true self; anxiety and worry had vanished.

Soon enough, worry returns. A bit like the weird creature in this picture. He appears to remind you about things that worry you so that you start to feel anxious and stressed.

But that's OK because we now see worry and anxiety for what it is. Temporary, fake and definitely not who we really are. So give it a name. Tell it that you see it. Tell it that you hear its boring chatter ... and also tell it that you have plans to stop it visiting.



Your anxiety.
He's happy
when you are
worrying and feeling
stressed.