



Re-Affirming Survival

You have Always Survived!

You have not died from a previous anxiety or panic attack.

The first thing I have to say to you is, that even though you may have experienced panic attacks and/or general anxiety over a long period in your life, here's the good news...

You have always survived!

Yes the experience hasn't been pleasant, but you did not die. Now this may seem obvious, but it is really important that we focus on this for a moment.

You see, when you are in the grip of fear, it really feels as if you might die... right?

60 Second Panic Solution™



Then that feeling increases the fear and you begin to spiral into even higher levels of fear, which in turn increases the shortness of breath, tightness in your chest, perhaps your palms get very sweaty, fuelling the fear that you really are about to die. You know this experience... right?

And each time the attack gets a little bit worse... and then, you fear not being able to cope with the fear, even when you are NOT having an attack?

Ok, now here's the deal. You know that each time you have an attack, you DO Survive.

This is a crucial piece of information, and you absolutely know this. But the thing is, you are not focusing on it!

After each attack, what do you replay in your mind... the attack?

Do you celebrate the fact that you survived?

I think not!

60 Second Panic Solution™

The First Big Step

Let's begin the first step which is for you to say goodbye to anxiety forever.

I want you to pull up the memory of your last attack, as you remember that. Now, see what you saw, hear what you heard and for a moment get in touch with the feeling of being right back there.

Now, immediately go to the point where you realise the attack is over.



Where are you?

Are you sitting or standing? Look around you...

Who else is there?

What do you hear?

How are you feeling? Relieved perhaps? Drained?

Tired?

Realise now that you SURVIVED!

Focus on THAT feeling now.

Congratulate yourself; give yourself a clap on the back.

Let's face it, you just had a very real physiological near death experience, but you are alive.

Isn't that worth celebrating?

60 Second Panic Solution™

What would you tell your best friend if they went through a terrifying experience and survived? You would probably give them a hug, be smiling from ear to ear, and you would most likely tell them you love them, and you are so happy that they didn't die?



So go ahead and be your own best friend, tell yourself how brave you are, because it takes great courage to navigate that level of fear. Find your own personal way to congratulate yourself. For me, I celebrate by putting on my favourite inspirational music and turning the volume up high.

For you it may be that you take a walk in your favourite place in nature, or call someone you care about and share your celebration with them. Right now, make a commitment to yourself that you will celebrate when you survive an anxiety attack.

Great... That's the first step.
