



Triple A Technique

Three Steps to stop your panic attack before it begins to take over.

Neuro Activation Therapy

Now I will teach you how to stop an anxiety attack in 3 seconds. Or as I like to call it,

“The Triple A Program”

We have now successfully set the stage for you to arrest any panic attack in 3 seconds. With this Triple A Program, these simple 3 steps will stop your panic attack before it begins to take over.

So let's go through the steps in detail;

The first A, is for ALERT.

60 Second Panic Solution™



As you are aware of the first physical symptom of an imminent attack, remember in the last exercise you wrote down what your first physical sign was that let you know a panic attack was happening?

Great this is your alert signal, and the very moment you are alerted by this sensation, you immediately go to step 2 of the triple A program;

The second A is for Alter.

You are going to alter the picture that your mind is showing you.

Go to your desktop that is your mind, and using your thumb & forefinger of your right hand as your mouse,

Click by squeezing them together on the big icon that is your nature scene, smile gently, as your peaceful nature scene instantly opens in full colour in your mind and feel your ultimate relaxing feeling flood your system, you can enjoy this relaxing experience for as long as you wish, or you can immediately go to the 3rd A of the triple A program.

60 Second Panic Solution™

The third A-is for Applause

Applaud yourself.

Congratulate yourself!

Realise you have been very successfully at instantaneously stopping an anxiety attack and now do your celebration thing, because you have now, in 3 seconds, stopped an anxiety attack from occurring.

Treat this as the major breakthrough that it is.

If your best friend just learnt a new skill that was going to change their lives forever for the better, how would you applaud them? Right, well make sure that you focus on congratulating yourself; this is very important and vital to the future success of your triple A program.



**Do not leave out
this step. I will
explain this in
greater detail later
on.**



For now it is just
important that you
have a new totally
safe, effective,
self-empowering
program, and the
only side effect is
your freedom!