

Stress Is Gone

ANXIETY FREEDOM TECHNIQUE

Rate Your Anxiety from 1 to 10: _____

STEP 1. EXPRESS YOUR CORE EMOTIONS

A. Right now I feel totally overwhelmed by (list the topics of everything upsetting you):

- _____
- _____
- _____
- _____

B. The most upsetting situation from the above list is:

C. My biggest fear about that is (write the worse case scenario):

D. Right now I feel tension in my (stomach, chest, throat, etc):

E. Instead of anxiety, I want to feel (freedom, love, comfort, peace, clarity, confidence, happiness, self-love, joy, my own divine light, my eternal spirit, etc):

STEP 2. COMPLETE YOUR FREEDOM STATEMENT

Enter your answers from SECTION 1 where prompted below:

I want to completely break free from the fear of (insert C)

I unlock & release all the tension from my (insert D)

I refill that space with (insert E)

_____ right now!

STEP 3. BREATHE & RELEASE

1. Touch your body where you feel the most tension and breathe deep & slow.
2. Slowly read your Freedom Statement aloud 3 times.
3. Continue breathing deep & slow for 3-minutes, silently say "I'm OK".

Rate Your Anxiety from 1 to 10: _____

If you have trouble expressing or letting go, state these affirmations and repeat Step 3.

"I'm safe to express my feelings. I allow myself to express my emotions. I can say how I feel. I want to know what it feels like to let go. I am ready, able, willing and deserving to let it all go right now. I know how to let go. I deserve to be free of all the anxiety right now."