

FAQ Undoing Anxiety

Below are the most asked questions about the Undoing Anxiety: How I Went From Panic to Calm. If you have any further questions, please don't hesitate to contact me beck@beckthompson.com.au

What is the content about?

The content provided is about me sharing my story of chronic anxiety and panic disorder and what strategies I used to overcome this.

What is the best way to begin with this content?

I would recommend listening to the first video. The first video is purely sharing my story. This is a good starting point, so hopefully you can follow, listen and perhaps get a sense of how bad it got for me. It might also help you to relate your current situation to mine. It may also help you to understand that you are not alone.

How long does it take to complete this online?

The 2 videos are approx. 3 hours in total. The time it takes depends on you. I would recommend allowing yourself the time to try and listen to each video from start to finish first.

The second video may take longer as we do address some difficult areas and strategies. You may choose to address one strategy at a time, to allow yourself time to think about it and choose how you will go about it.

The first strategy might take you a week or so and I explain this in the video. Take your time with any of the content. Know what you can take in and come back to it when you're ready to.

When should I print out the worksheets?

I would love you print them out as soon as you access this content. That way you're prepared and ready to go. I recommend having the worksheets somewhere where you can access them easily and while I got through the worksheets in video number two.

Once you print them out, you might like to staple or bind them, or keep them in a folder, allowing you to keep them all together.

What's the purpose of the worksheets?

I have designed the worksheets to help you to begin to become aware of what's going on within. Awareness is a critical part of any change you want. Unless we 'see' it and become aware of it, we don't recognise that there's anything to change. The worksheet provide a visual, so you can 'see' what

you're doing and what you're thinking.

When you come to make action plans, to put a strategy in place of what you normally do, writing it down helps keep you accountable. It helps to see what you're committing to. It helps to bring the intention for change to your conscious mind.

Research tells us that we are more likely to reach our goals when we write it down.

And often too, when we keep thoughts in our heads, we allow them to intensify and get stronger and more dominant. When we write it down and 'see' what we're thinking, we can get a clearer picture of how we think and how this impacts our view of the world and how we feel.

How many of each worksheet do I need?

The fantastic thing about this content is that you have access whenever you like. Which means you can print off as many as you like. And I encourage you to. This is your opportunity to learn and get the most out of it. So print as many as you like.

Do I need to follow the worksheets in order?

While I do go through a set order in the video and they are set out in order initially (1 -3a), to get you started, they are not designed to be used as a stand alone either. The order is just a starting point. It was the way I began addressing my anxiety and panic disorder. Once you go through the videos and begin filling out the worksheets, you can come back to any of them in any order or preference you choose.

How long do I need to use the worksheets for?

It's really up to you. There is no defined time. I would recommend using the worksheets as long as you need to. The worksheets are a visual tool to help you learn to start doing these things until hopefully the strategies become automatic. When they're automatic and you no longer need to write things down, or make written action plans, or acknowledge your wins then over time the use of the worksheets as a tool to help you will lessen. Because hopefully the aim is for you to begin to mentally take stock of your thoughts and actions. To mentally acknowledge how far you've come. To automatically use positive self-talk to run your mind, instead of it running you.

How long will it take to help my own anxiety and/or panic disorder?

Unfortunately I cannot give you a definitive time. And if you're asking this very

question then you know there's a big part of you that desperately wants to overcome this. And I applaud you, because that's a very worthy desire and you do deserve to overcome this often debilitating disorder.

But the time it takes is entirely up to you.

I can only say from my own experience, that I committed to this and the strategies and it took a good year of everyday learning to keep working on my thoughts, to keep accepting the body sensations until I no longer felt triggered by them.

The time it takes will be determined by your efforts. Your determination to take charge of your mind and body. Consistency is key. Don't focus on the slips, because you will have them. Remember you are learning new ways, there's gonna be slip ups. But if you keep practicing you will notice more of the good progress and what you're achieving.

Thankyou once again for investing in you! Acknowledge that you deserve all that life has to offer. Acknowledge you are perhaps taking the very first step for your life. So well done!

Remember, you will only get out of it, what you put in. So go into this with 100%

With love and gratitude

Beck x