

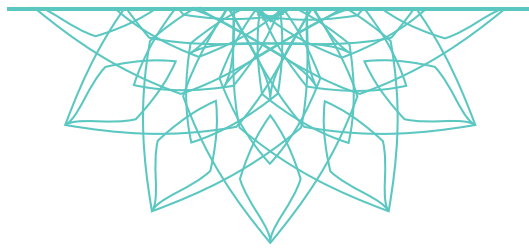
UNTANGLING ANXIETY IN 29 DAYS

To start working on your anxiety,
you don't need to go to therapy

**THE GUIDED SELF-HELP BOOK
TO CURB YOUR ANXIETY**



**Bonus
Material**



Congratulations on your courage and determination to work on your anxiety and allow yourself to learn from it.

I am sure right now you hate how anxiety makes you feel, and you just want to come back to feel who you were, right?

I know what is to be in your skin, trust me, but if there is something I have learned about anxiety, is that it is too powerful and strong to fade away magically.

To get back your life's control, you first need to understand how it works, untangle it and then, work hard on it.

And this is what I propose you along the next 29 days.

Don't forget that overcoming anxiety is like overcoming any other challenge in life. You need to understand the source of your trouble and learn to work on it.

This is why I have prepared some bonus material to help you reinforce the learnings you have covered along the book.

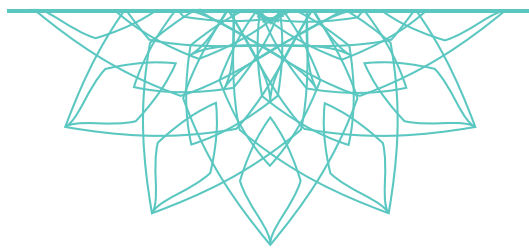
I will recommend you to read first the book, do the exercises requested, and then work on the extra material.

Why?

That's easy, the content shared in this bonus will be easier to understand if you first follow the triggers identification, the irrational or anxious fears management, the inner critic voice acknowledgment, the emotional management and the resilience reconnection through the reframing process.

So keep this material aside, and start with the book trust me!

See you in 29 days 😊



STOP BEING SO HARD ON YOURSELF

In the book, we dedicate one section to your inner dialogue, specifically you will discover the strong contribution of your inner critic voice in your anxiety.

However, this is just the peak of the iceberg, since did you know that the way you talk reflects who you are and how you perceive reality?

And did you know as well that the things you say to yourself can have a big impact on how you view yourself and your actions—so be mindful of what you think and how you talk to yourself, please.

The purpose of this exercise is rising your awareness about the way you talk, specifically if you do it under a rigid pattern of overworking, perfectionism, seek of control or catastrophizing that can be related with your anxiety.

In the next page, I am going to show you two columns.

In the first one, you will find the typical sentences we say when we live under a rigid mental pattern.

I want you to identify which of the sentences you use the most, and then start changing them for the examples I propose you in the second column.

The exercise requires you to write down how do you feel when you find yourself talking under a rigid pattern, and then how do you feel when you change your sentences, and you hear yourself talking in a more flexible way.

For example:

When I find myself saying several times along the day "I have to do it", or "I must do it".

I feel I live under a constant stress, pressure and self-obligation.

When I change the sentence for "I want to do it", I feel I am the one choosing to do it without the heavy weight of the duty.

I will love you to send me a direct message with your findings and opinions via INSTAGRAM or TIKTOK to @marta.raga and tell me how are these exercises making you change your rigid pattern, ok?



RIGID PATTERN

Self-obligation or Self-prohibition

- I have
- I must
- I can't
- I should

Exigence or Expectation

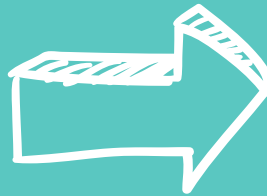
- This can/cann't happen
 - This must/mustn't happen
 - This should/shouldn't happen
- *Being "This" any situation you expect or don't expect to happen

Cathastrofying

- I will die if this does/doesn't happen
- It will be terrible if this happens
- I couldn't handle it if this happens
- What if all turns bad?
- This shouldn't be happening

Underestimate yourself

- If this happens is because:
 - I am not good enough
 - They don't like me
 - I am not worth it
 - They reject me
 - They criticize me



FLEXIBLE PATTERN

Pleasure

- I want to
- I need to
- I'll be delighted to
- It will nice to

Preference

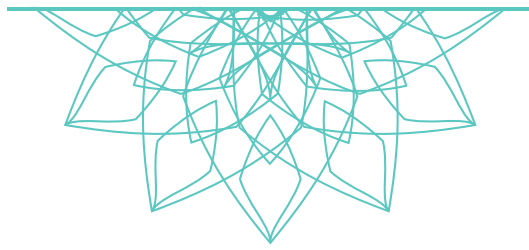
I would like or wouldn't like this to happen, however I understand things don't have to be or happen as I wish

Objectifying

You will not die, it will not be terrible, you will handle it, it will be negative, complicated or painful but you will manage it, on your own or with help, but you will get out of it. Trust in you.

Detachment

Listen, you are not responsible from everything that happens. It is not your fault. You are not perfect, no one is. And if it happens is because life is life, no one controls it.



WHICH ONE IS YOUR RIGID PATTERN?

Underline it please:

Self-obligation
or Self-prohibition

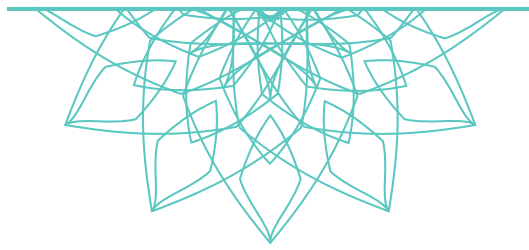
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Cathastrofying

Underestimating
yourself

1º.- Now write down how does it make you feel when you talk like this?

2º.- Change your pattern to a flexifle one and talk to yourself along the whole day with it. At the end of the day, please write down how does it make you feel when you talk in a flexible pattern? What is the main difference?



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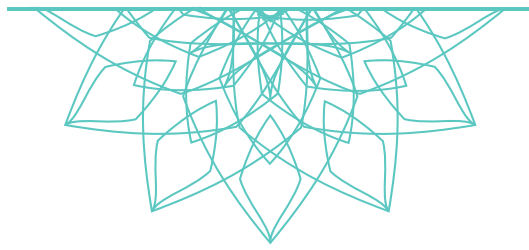
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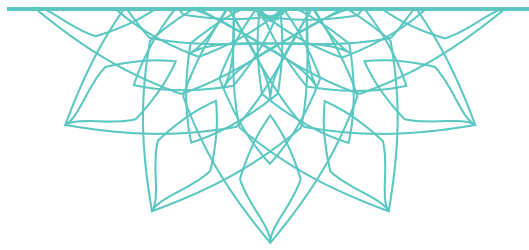
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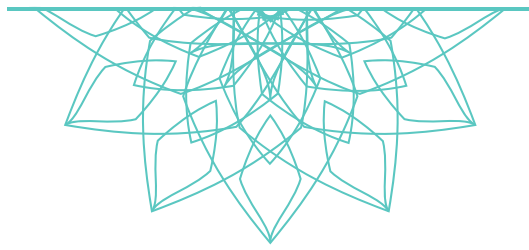
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NOW IT IS TIME TO DISCOVER HOW YOUR ANXIETY LIES TO YOU

We have seen in the book that fear and anxiety tell us that there is some kind of danger present, and all the bodily sensations that go along with fear and anxiety are essentially designed to help us respond to that danger. Anxiety and fear are preparing us to flee, freeze, or to fight the danger.

Anxiety, seemingly without stopping, feeds lies directly into your brain.

When you're told something over and over and over again, you start to believe it.

By telling you certain lies, anxiety strengthens itself, so it can keep a hold on you and your life.

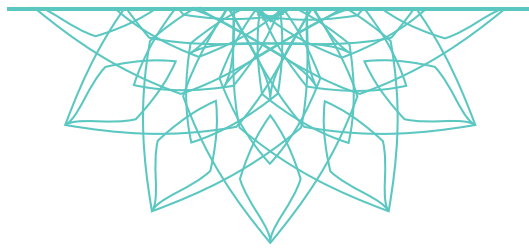
Anxiety will acknowledge their existence by convincing you that they are out to get you, and worse, that if you just think and worry and obsess hard enough, you'll find a way around them.

Now that you know how anxious fears work, and you have learnt to identify your anxiety triggers. I want you to start identifying the lies generated by your anxiety, you have been believing and putting focus on lately.

In the next coming pages, I have designed a short exercise where you will need to identify your main anxiety lies.

Then you have to write down how do they make you feel and behave whenever you put the focus on them and try to believe them.

Now that you know how anxious fears work and how to confront them with objective facts, I want you to write which objective facts can you use to invalidate your anxious lies.



NOW IT IS TIME TO DISCOVER HOW YOUR ANXIETY LIES TO YOU

Once you find them, please reframe the lie into a true sentence.

And finally, I want you to read the reframed sentence and write down how do you feel and from now on how are you going to behave when you believe it.

For example:

One of the common lies my anxiety was telling me was "If you are not perfect, no one will love you".

That made me overwork myself, become a perfectionist, and live really frustrated because things were not perfect.

This deception, drove me into anxiety and anger when I did not get things to turn out as perfect as I expected.

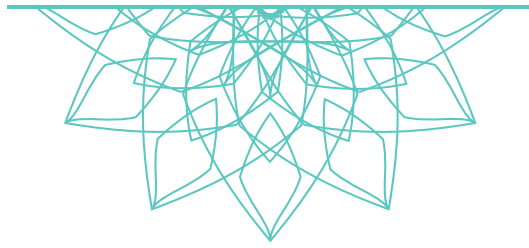
So, I started to behave in an obsessive controlling way which lead me to end up totally drained.

The objective facts that showed me that this was a lie were when my loved ones showed me their unconditionally love, no matter my perfect results or my imperfections.

Actually, showing my vulnerability and accepting my "imperfections" got me closer to them.

Now I know and I always tell to myself: I am not perfect and no one is.
And I have learnt to embrace and accept my failures and weaknesses.

And I love it!



IDENTIFY YOUR MAIN ANXIETY LIES

Write down your anxiety lie:

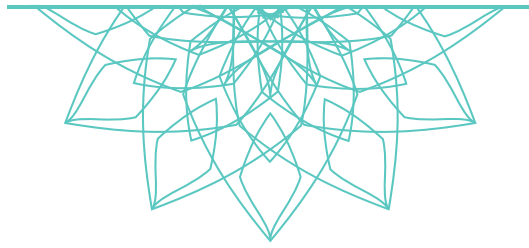
When you were really believing it, How did you feel?:

When you were really believing it, How did you behave?:

Confront it with objective and real facts:

Now that you are aware of what really happens, How would you reframe it?:

When you read and believe the reframed sentences, How do you feel? And how are you going to behave?



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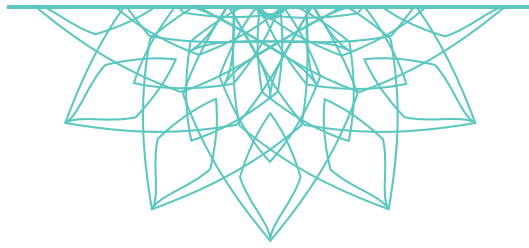
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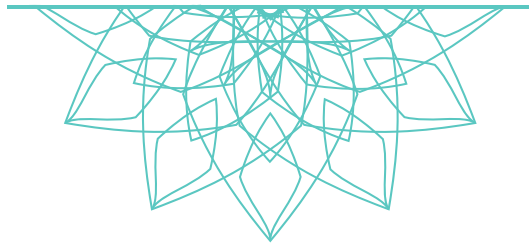
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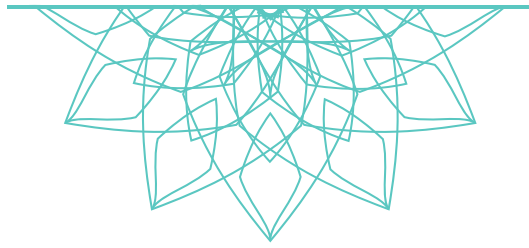
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