

Anxiety Mapping Model (AMM)

The Anxiety Mapping Model (AMM) by **Alien Algorithms Limited™** is a structured, self-directed approach to help individuals understand and manage anxiety. It provides clarity about symptoms, connects them to potential root causes, and empowers users with actionable strategies for relief. Whether used independently or alongside professional therapy, AMM offers a clear path to taking control of your mental health.

Why AMM?

If you've been feeling overwhelmed by anxiety, AMM is here to help you make sense of it. With just a few minutes each day, you can uncover patterns in your symptoms, understand what's driving

them, and take practical steps toward relief. You don't have to do it all at once—just starting is a win.

How to Get Started in 3 Easy Steps

- **Start Tracking Today:** Write down your symptoms, what triggered them, and how you felt.
- **Review at Week's End:** Look back to spot patterns and common triggers.
- **Compare with Anxiety Types:** Identify which type best matches your experiences to find tailored solutions.

Steps of the Anxiety Mapping Model

Step 1: Symptom Tracking

The first step to understanding anxiety is tracking your symptoms. It's simple and takes only a few minutes each day.

- **What to Track:**
- Symptom Description: What you felt (e.g., restlessness, racing thoughts).
- Trigger: What caused it (e.g., a social interaction, an upcoming event).
- Intensity: Rate it on a scale of 1–10.
- Duration: How long it lasted.
- Frequency: How often it occurred.
- **Quick Start Tip:** Use a journal, an app,

or even jot down notes in a ChatGPT conversation to keep things simple.

Step 2: Frequency Analysis

At the end of the week, review your symptom logs. Highlight the symptoms that occur most frequently or with the highest intensity. These are likely your dominant symptoms.

- **Organize Symptoms:**
- **High Frequency:** Symptoms you experience daily.
- **Medium Frequency:** Symptoms that occur a few times a week.
- **Low Frequency:** Symptoms that appear

less often but might still impact you.

Step 3: Match Symptoms to Anxiety Types

Compare your most frequent symptoms to common anxiety types. This step helps you understand the root of your experiences and guides you toward targeted solutions.

- **Anxiety Types Frame:**
- **Anticipatory Anxiety:** Racing thoughts, excessive worry; fear of future events.
- **Social Anxiety:** Sweating, fear of judgment; social interactions.
- **Generalized Anxiety:** Persistent worry,

muscle tension; everyday responsibilities.

- **Panic Disorder:** Chest pain, fear of losing control; sudden triggers.
- **Example:** If you frequently experience sweating and avoid social interactions, your symptoms may align with **Social Anxiety**.

Step 4: Memory Exploration

Reflect on past experiences that might be connected to your symptoms. Anxiety often stems from unresolved stress or significant events.

- **Tip:** Think back to when you first experienced each symptom. What was

happening at that time? This insight can reveal important patterns.

Step 5: Connect the Cause to the Present

Once you've identified past events linked to your anxiety, connect them to your current symptoms and triggers. Understanding the "why" behind your feelings is a powerful step toward healing.

Step 6: Take Action

Now that you've identified your anxiety type and its root causes, it's time to take action with tailored strategies:

- **Anticipatory Anxiety:** Practice mindfulness and grounding techniques

to stay focused on the present.

- **Social Anxiety:** Gradual exposure and confidence-building exercises can help.
- **Generalized Anxiety:** Use relaxation techniques and prioritize tasks to reduce worry.
- **Panic Disorder:** Breathing exercises and action plans for panic attacks can provide relief.
- **Quick Action Plan:**
- Symptom: "Racing thoughts about the future."
- Strategy: "Practice grounding exercises and limit overthinking by listing only actionable steps."

Step 7: Track Progress

Revisit your symptom logs regularly to monitor your progress. Even small improvements are a sign you're on the right track.

- **Visualize Progress:** Use a graph or chart to see how symptom intensity and frequency change over time.

Step 8: Seek Help If Needed

If AMM feels overwhelming or if symptoms persist, don't hesitate to seek professional support. Therapists, support groups, or online resources can provide additional tools and guidance.

Why AMM Works

- **Clarity Through Frequency:** Identifies dominant anxiety types by focusing on patterns.
- **Foundation for Healing:** Links symptoms to root causes, guiding targeted solutions.
- **Accessible and Flexible:** Designed for independent use but adaptable to therapy.
- **Empowering:** Encourages self-awareness, confidence, and proactive management.

Take the First Step Today

You don't have to figure everything out at once. Start by tracking your symptoms today—it's a small step that could lead to

big changes. With AMM, you're not just identifying your anxiety; you're reclaiming control of your mental health and building a foundation for lasting relief.

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