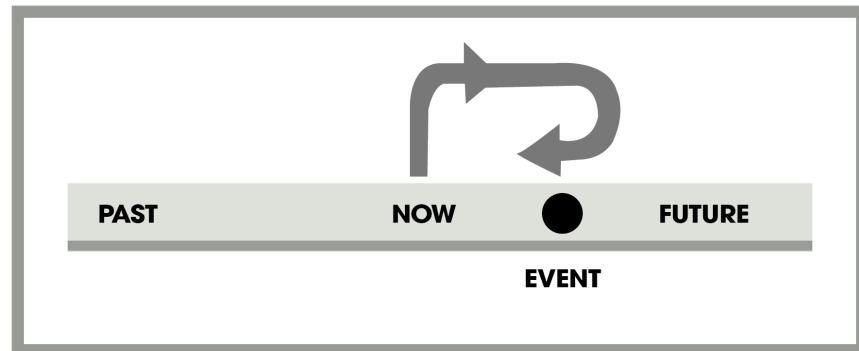


# Anxiety

Seven:22



**Procedure:** (Make sure you are working on a *specific* event.)

1. "What are you anxious about? What specifically?"
2. "Good, just float up above the Time Line..."
3. "And float out above the future to 15 minutes after the successful completion of the event about which you thought you were anxious. Tell me when you're there."
4. "Good. Turn and look toward now, along the Time Line."
5. "Now, where's the anxiety?"<sup>1</sup>  
 (If Client says, "It's Gone" go to #6.)  
 (If Client says, "It's still there," then ask, "Are you imagining it completing successfully?" If "no," then talk about successful completion for the event and then to go #3.)
6. "Come back to now."
7. If desired, test by having the client think about what used to make them anxious, and notice the anxiety is gone.
8. If you are eliminating all anxiety, then go to #1 using a new event.

<sup>1</sup> NOTE: If anxiety does not disappear, then reframe, "I know that there's a part of you that thinks it's important for you to have some anxiety to motivate you, and I agree that it's important for you to be motivated. The problem is that anxiety is not good for the body. Are there other ways that would be OK for you to motivate yourself, and let the anxiety go?" Additionally, anxiety may be the result of fear, which has not been released. For a Presenting Problem of anxiety, always release fear first.