Each time the anxiety pulls at you, attend and befriend it. Smile inwardly and say, “Yes, you're  
welcome to come in. Take a seat. I'll be with you in a minute.”  
  
If anxiety continues to pull at you with frightening “what if” thoughts, think, “Okay. What-  
ever. [hear you. You can stay, but Ihave this thing I have to finish, so I’m just going to do that. I'm  
not pushing you away. Ijust don’t think this is as urgent as you (anxiety) are making it out to be.”  
  
Toward the end of my own recovery, I used to get these random waves of anxious thoughts  
that felt like a punch to the stomach. As soon as I felt these, I knew it was time to say “yes”  
and implement The DARE Response. I would start by reminding myself not to resist any of  
the thoughts no matter how alarming they were, but rather embrace them all.  
  
Before, the old me used to scream, “NO! Not now!” Then, sure as day, a huge wave of anxiety  
would suddenly pound me, and I would think, “NO MORE!” and whoosh, another 40-foot  
wave would hit me. Wave after wave of fear and anxiety would slam-dunk me to the point  
where I was lost in a sea of adrenaline and fear. Once I learned The DARE Response and how  
to say “yes” instead of “no,” these waves of fear and anxiety soon became nothing more than  
small ripples.  
  
FLASH FEAR AND RESPONSE FEAR  
  
There are two types of fear connected to anxiety. Dr Weekes calls them first and second fear. I  
call them “flash fear” and “response fear.” Flash fear is a wave of intense sensations. This fear  
is so immediate and sudden that you have no control over it. Response fear is your response  
to the initial flash fear. The DARE Response is about training yourself to now have the right  
response to flash fear.  
  
Response fear is where all the trouble starts. It’s where the anxiety loop begins and where  
your suffering comes from. If you didn’t have any response fear, all you'd have would be brief  
moments of unusual sensations that would flash momentarily on your consciousness. I be-  
lieve everyone has flash fears all the time, but they don’t develop into a problem (a disorder)  
because they aren't followed by any great amount of response fear.  
  
When your general anxiety level is stuck at a high level, you'll frequently experience these  
flash fears: those moments when you have a sudden, scary thought followed by ajolt in your  
nervous system. It can also manifest as a strange feeling that flashes over you while you're  
chatting to someone or busy at work. Maybe it’s a sudden sense of impending doom, appre-  
  
hension, or unreality. They can also be triggered by a memory of a past situation. These flas}  
fears happen with such immediacy that you have no control over them.  
  
Flash fears can also be very physical (e.g., your heart suddenly starts pounding, you fee  
dizzy, or your stomach knots). Your fight-or-flight response has suddenly been activated fo  
whatever reason. These are sensations that happen so fast you have no immediate contro  
over them.  
  
Next comes your response. Up until now, it’s been one of fear, an immediate wave of flash fea  
that comes without warning. Response fear, which comes next, however, is something yot  
do have control over. It's something you actively do even though it also happens quite fast.  
  
Response fear is the “what if” thinking that says:  
“What the f\*\*\* was that? Oh no ... is something terrible going to happen now?”  
“This happened before and I ended up in ER. I’m about to have another panic attack!”  
  
Response fear feeds off the flash fear through “what ifs” and quickly escalates into a state 0  
high anxiety. What started off as an uncomfortable bodily sensation has turned into a full  
blown panic episode through response fear. If flash fears like nibbling the bait, response fea  
is falling for the lure—hook, line, and sinker. This is why the very first step in The DARE Re  
sponse is to defuse these “what if” flash fears as soon as they manifest.  
  
Everyone experiences flash fears to some extent. The difference is that a person with high  
anxiety experiences them with greater frequency and more intensity than a person who!  
not particularly stressed. Complete acceptance of all flash fears is crucial. I am fully awar  
that training yourself to have the right response to flash fear is difficult. In the beginnin,  
your initial response will still be the wrong one; that is just habit. As long as you immediatel  
correct it though, you prevent it from spiraling out of control, and you will get the desired re  
sult. Eventually the correct response will become automatic and second nature to you.  
  
bet in the past, you used to experience the same flashes of anxious bodily sensations tha  
scare you now. Back then, though, you didn’t pay them too much attention as you weren’  
ina sensitized state. They simply didn’t register on your radar. Now, however, you're highl}  
sensitized and attuned to every sensation. You have your “anxiety radar” set to maximun  
alert and pick up on absolutely everything: every little hiccup, every heartbeat out of place.

Each time the anxiety pulls at you, attend and befriend it. Smile inwardly and say, “Yes, you're  
welcome to come in. Take a seat. I'll be with you in a minute.”  
  
If anxiety continues to pull at you with frightening “what if” thoughts, think, “Okay. What-  
ever. [hear you. You can stay, but Ihave this thing I have to finish, so I’m just going to do that. I'm  
not pushing you away. Ijust don’t think this is as urgent as you (anxiety) are making it out to be.”  
  
Toward the end of my own recovery, I used to get these random waves of anxious thoughts  
that felt like a punch to the stomach. As soon as I felt these, I knew it was time to say “yes”  
and implement The DARE Response. I would start by reminding myself not to resist any of  
the thoughts no matter how alarming they were, but rather embrace them all.  
  
Before, the old me used to scream, “NO! Not now!” Then, sure as day, a huge wave of anxiety  
would suddenly pound me, and I would think, “NO MORE!” and whoosh, another 40-foot  
wave would hit me. Wave after wave of fear and anxiety would slam-dunk me to the point  
where I was lost in a sea of adrenaline and fear. Once I learned The DARE Response and how  
to say “yes” instead of “no,” these waves of fear and anxiety soon became nothing more than  
small ripples.  
  
FLASH FEAR AND RESPONSE FEAR  
  
There are two types of fear connected to anxiety. Dr Weekes calls them first and second fear. I  
call them “flash fear” and “response fear.” Flash fear is a wave of intense sensations. This fear  
is so immediate and sudden that you have no control over it. Response fear is your response  
to the initial flash fear. The DARE Response is about training yourself to now have the right  
response to flash fear.  
  
Response fear is where all the trouble starts. It’s where the anxiety loop begins and where  
your suffering comes from. If you didn’t have any response fear, all you'd have would be brief  
moments of unusual sensations that would flash momentarily on your consciousness. I be-  
lieve everyone has flash fears all the time, but they don’t develop into a problem (a disorder)  
because they aren't followed by any great amount of response fear.  
  
When your general anxiety level is stuck at a high level, you'll frequently experience these  
flash fears: those moments when you have a sudden, scary thought followed by ajolt in your  
nervous system. It can also manifest as a strange feeling that flashes over you while you're  
chatting to someone or busy at work. Maybe it’s a sudden sense of impending doom, appre-  
  
hension, or unreality. They can also be triggered by a memory of a past situation. These flas}  
fears happen with such immediacy that you have no control over them.  
  
Flash fears can also be very physical (e.g., your heart suddenly starts pounding, you fee  
dizzy, or your stomach knots). Your fight-or-flight response has suddenly been activated fo  
whatever reason. These are sensations that happen so fast you have no immediate contro  
over them.  
  
Next comes your response. Up until now, it’s been one of fear, an immediate wave of flash fea  
that comes without warning. Response fear, which comes next, however, is something yot  
do have control over. It's something you actively do even though it also happens quite fast.  
  
Response fear is the “what if” thinking that says:  
“What the f\*\*\* was that? Oh no ... is something terrible going to happen now?”  
“This happened before and I ended up in ER. I’m about to have another panic attack!”  
  
Response fear feeds off the flash fear through “what ifs” and quickly escalates into a state 0  
high anxiety. What started off as an uncomfortable bodily sensation has turned into a full  
blown panic episode through response fear. If flash fears like nibbling the bait, response fea  
is falling for the lure—hook, line, and sinker. This is why the very first step in The DARE Re  
sponse is to defuse these “what if” flash fears as soon as they manifest.  
  
Everyone experiences flash fears to some extent. The difference is that a person with high  
anxiety experiences them with greater frequency and more intensity than a person who!  
not particularly stressed. Complete acceptance of all flash fears is crucial. I am fully awar  
that training yourself to have the right response to flash fear is difficult. In the beginnin,  
your initial response will still be the wrong one; that is just habit. As long as you immediatel  
correct it though, you prevent it from spiraling out of control, and you will get the desired re  
sult. Eventually the correct response will become automatic and second nature to you.  
  
bet in the past, you used to experience the same flashes of anxious bodily sensations tha  
scare you now. Back then, though, you didn’t pay them too much attention as you weren’  
ina sensitized state. They simply didn’t register on your radar. Now, however, you're highl}  
sensitized and attuned to every sensation. You have your “anxiety radar” set to maximun  
alert and pick up on absolutely everything: every little hiccup, every heartbeat out of place.

Each time the anxiety pulls at you, attend and befriend it. Smile inwardly and say, “Yes, you're  
welcome to come in. Take a seat. I'll be with you in a minute.”  
  
If anxiety continues to pull at you with frightening “what if” thoughts, think, “Okay. What-  
ever. [hear you. You can stay, but Ihave this thing I have to finish, so I’m just going to do that. I'm  
not pushing you away. Ijust don’t think this is as urgent as you (anxiety) are making it out to be.”  
  
Toward the end of my own recovery, I used to get these random waves of anxious thoughts  
that felt like a punch to the stomach. As soon as I felt these, I knew it was time to say “yes”  
and implement The DARE Response. I would start by reminding myself not to resist any of  
the thoughts no matter how alarming they were, but rather embrace them all.  
  
Before, the old me used to scream, “NO! Not now!” Then, sure as day, a huge wave of anxiety  
would suddenly pound me, and I would think, “NO MORE!” and whoosh, another 40-foot  
wave would hit me. Wave after wave of fear and anxiety would slam-dunk me to the point  
where I was lost in a sea of adrenaline and fear. Once I learned The DARE Response and how  
to say “yes” instead of “no,” these waves of fear and anxiety soon became nothing more than  
small ripples.  
  
FLASH FEAR AND RESPONSE FEAR  
  
There are two types of fear connected to anxiety. Dr Weekes calls them first and second fear. I  
call them “flash fear” and “response fear.” Flash fear is a wave of intense sensations. This fear  
is so immediate and sudden that you have no control over it. Response fear is your response  
to the initial flash fear. The DARE Response is about training yourself to now have the right  
response to flash fear.  
  
Response fear is where all the trouble starts. It’s where the anxiety loop begins and where  
your suffering comes from. If you didn’t have any response fear, all you'd have would be brief  
moments of unusual sensations that would flash momentarily on your consciousness. I be-  
lieve everyone has flash fears all the time, but they don’t develop into a problem (a disorder)  
because they aren't followed by any great amount of response fear.  
  
When your general anxiety level is stuck at a high level, you'll frequently experience these  
flash fears: those moments when you have a sudden, scary thought followed by ajolt in your  
nervous system. It can also manifest as a strange feeling that flashes over you while you're  
chatting to someone or busy at work. Maybe it’s a sudden sense of impending doom, appre-  
  
hension, or unreality. They can also be triggered by a memory of a past situation. These flas}  
fears happen with such immediacy that you have no control over them.  
  
Flash fears can also be very physical (e.g., your heart suddenly starts pounding, you fee  
dizzy, or your stomach knots). Your fight-or-flight response has suddenly been activated fo  
whatever reason. These are sensations that happen so fast you have no immediate contro  
over them.  
  
Next comes your response. Up until now, it’s been one of fear, an immediate wave of flash fea  
that comes without warning. Response fear, which comes next, however, is something yot  
do have control over. It's something you actively do even though it also happens quite fast.  
  
Response fear is the “what if” thinking that says:  
“What the f\*\*\* was that? Oh no ... is something terrible going to happen now?”  
“This happened before and I ended up in ER. I’m about to have another panic attack!”  
  
Response fear feeds off the flash fear through “what ifs” and quickly escalates into a state 0  
high anxiety. What started off as an uncomfortable bodily sensation has turned into a full  
blown panic episode through response fear. If flash fears like nibbling the bait, response fea  
is falling for the lure—hook, line, and sinker. This is why the very first step in The DARE Re  
sponse is to defuse these “what if” flash fears as soon as they manifest.  
  
Everyone experiences flash fears to some extent. The difference is that a person with high  
anxiety experiences them with greater frequency and more intensity than a person who!  
not particularly stressed. Complete acceptance of all flash fears is crucial. I am fully awar  
that training yourself to have the right response to flash fear is difficult. In the beginnin,  
your initial response will still be the wrong one; that is just habit. As long as you immediatel  
correct it though, you prevent it from spiraling out of control, and you will get the desired re  
sult. Eventually the correct response will become automatic and second nature to you.  
  
bet in the past, you used to experience the same flashes of anxious bodily sensations tha  
scare you now. Back then, though, you didn’t pay them too much attention as you weren’  
ina sensitized state. They simply didn’t register on your radar. Now, however, you're highl}  
sensitized and attuned to every sensation. You have your “anxiety radar” set to maximun  
alert and pick up on absolutely everything: every little hiccup, every heartbeat out of place.

Each time the anxiety pulls at you, attend and befriend it. Smile inwardly and say, “Yes, you're  
welcome to come in. Take a seat. I'll be with you in a minute.”  
  
If anxiety continues to pull at you with frightening “what if” thoughts, think, “Okay. What-  
ever. [hear you. You can stay, but Ihave this thing I have to finish, so I’m just going to do that. I'm  
not pushing you away. Ijust don’t think this is as urgent as you (anxiety) are making it out to be.”  
  
Toward the end of my own recovery, I used to get these random waves of anxious thoughts  
that felt like a punch to the stomach. As soon as I felt these, I knew it was time to say “yes”  
and implement The DARE Response. I would start by reminding myself not to resist any of  
the thoughts no matter how alarming they were, but rather embrace them all.  
  
Before, the old me used to scream, “NO! Not now!” Then, sure as day, a huge wave of anxiety  
would suddenly pound me, and I would think, “NO MORE!” and whoosh, another 40-foot  
wave would hit me. Wave after wave of fear and anxiety would slam-dunk me to the point  
where I was lost in a sea of adrenaline and fear. Once I learned The DARE Response and how  
to say “yes” instead of “no,” these waves of fear and anxiety soon became nothing more than  
small ripples.  
  
FLASH FEAR AND RESPONSE FEAR  
  
There are two types of fear connected to anxiety. Dr Weekes calls them first and second fear. I  
call them “flash fear” and “response fear.” Flash fear is a wave of intense sensations. This fear  
is so immediate and sudden that you have no control over it. Response fear is your response  
to the initial flash fear. The DARE Response is about training yourself to now have the right  
response to flash fear.  
  
Response fear is where all the trouble starts. It’s where the anxiety loop begins and where  
your suffering comes from. If you didn’t have any response fear, all you'd have would be brief  
moments of unusual sensations that would flash momentarily on your consciousness. I be-  
lieve everyone has flash fears all the time, but they don’t develop into a problem (a disorder)  
because they aren't followed by any great amount of response fear.  
  
When your general anxiety level is stuck at a high level, you'll frequently experience these  
flash fears: those moments when you have a sudden, scary thought followed by ajolt in your  
nervous system. It can also manifest as a strange feeling that flashes over you while you're  
chatting to someone or busy at work. Maybe it’s a sudden sense of impending doom, appre-  
  
hension, or unreality. They can also be triggered by a memory of a past situation. These flas}  
fears happen with such immediacy that you have no control over them.  
  
Flash fears can also be very physical (e.g., your heart suddenly starts pounding, you fee  
dizzy, or your stomach knots). Your fight-or-flight response has suddenly been activated fo  
whatever reason. These are sensations that happen so fast you have no immediate contro  
over them.  
  
Next comes your response. Up until now, it’s been one of fear, an immediate wave of flash fea  
that comes without warning. Response fear, which comes next, however, is something yot  
do have control over. It's something you actively do even though it also happens quite fast.  
  
Response fear is the “what if” thinking that says:  
“What the f\*\*\* was that? Oh no ... is something terrible going to happen now?”  
“This happened before and I ended up in ER. I’m about to have another panic attack!”  
  
Response fear feeds off the flash fear through “what ifs” and quickly escalates into a state 0  
high anxiety. What started off as an uncomfortable bodily sensation has turned into a full  
blown panic episode through response fear. If flash fears like nibbling the bait, response fea  
is falling for the lure—hook, line, and sinker. This is why the very first step in The DARE Re  
sponse is to defuse these “what if” flash fears as soon as they manifest.  
  
Everyone experiences flash fears to some extent. The difference is that a person with high  
anxiety experiences them with greater frequency and more intensity than a person who!  
not particularly stressed. Complete acceptance of all flash fears is crucial. I am fully awar  
that training yourself to have the right response to flash fear is difficult. In the beginnin,  
your initial response will still be the wrong one; that is just habit. As long as you immediatel  
correct it though, you prevent it from spiraling out of control, and you will get the desired re  
sult. Eventually the correct response will become automatic and second nature to you.  
  
bet in the past, you used to experience the same flashes of anxious bodily sensations tha  
scare you now. Back then, though, you didn’t pay them too much attention as you weren’  
ina sensitized state. They simply didn’t register on your radar. Now, however, you're highl}  
sensitized and attuned to every sensation. You have your “anxiety radar” set to maximun  
alert and pick up on absolutely everything: every little hiccup, every heartbeat out of place.