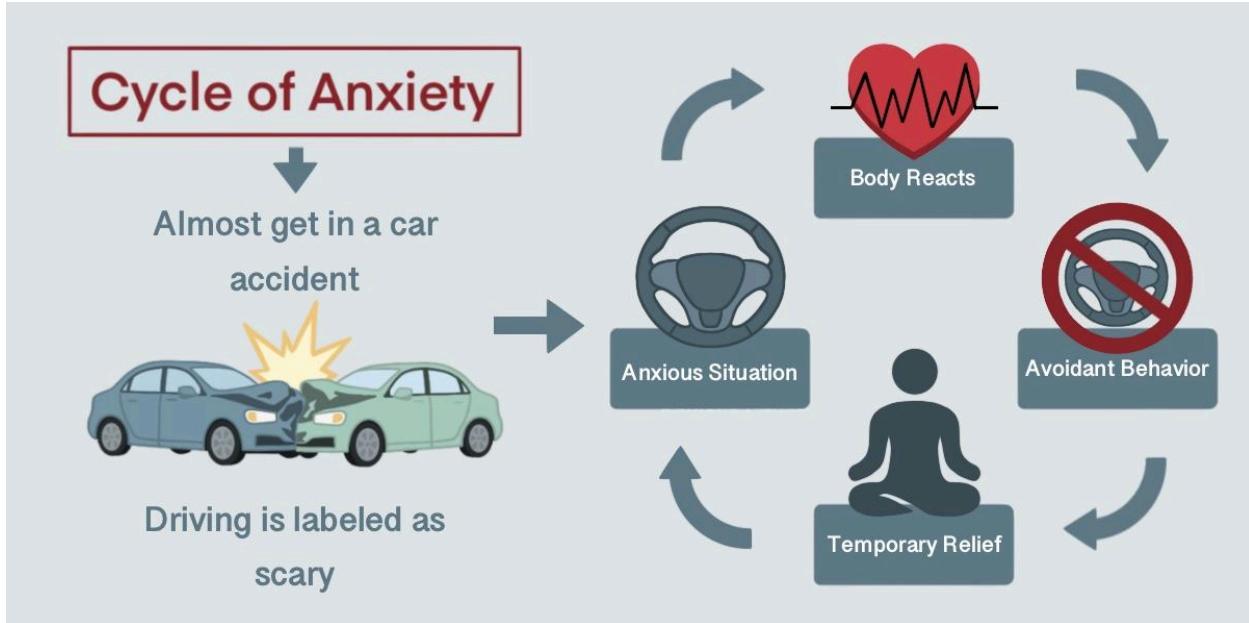




# The Savvy Method

## Removing Anxiety from Your Identity



## What is the Anxiety Cycle?

Anxiety often starts with a triggering experience. When the brain labels that experience as dangerous, the body reacts. Avoidance provides temporary relief, but it reinforces the fear. Over time, the cycle repeats - even when the situation is no longer a true threat.

## Why it Repeats

After one intense experience, the mind begins predicting danger in similar situations. The memory becomes stronger than the present moment. The body reacts as if the threat is happening.

## How to Break the Cycle

- Identify the situation clearly
- Separate facts from fearful thoughts
- Allow the body to react without avoidance
- Take one intentional, grounded action.

Anxiety is an experience, not an identity. When you pause, observe, and respond with intention, the cycle begins to weaken.