

Adriana's Top 10 Tools for Dealing with Anxiety

1. First take a time out:

- Remove yourself from the stressful situation (if possible). Go to the bathroom, outside for fresh air, to your car, wherever you can to get some space.
- Take several deep, belly breaths (people tend to hyperventilate when anxious). Make the exhale much longer than the inhale. This will help your nervous system to calm down.
- Get grounded in your body (tune in to your 5 senses, visualize yourself as a tree with roots going deep into the earth, etc.).
- Do a reality check – Is my fight-flight response activated? Am I actually in a life or death situation? Is there a tiger chasing me right now? Am I acting as if there is?
- Anxiety is usually future-oriented. Do I actually need to deal with this right now? Is any action required at this moment?
- Reach out to someone for support.

Start asking questions (these are Access Consciousness® tools):

2. What is this? What do I do with it? Can I change it? If so, how do I change it? You're not looking for a specific answer here (though you may get one), you're asking for more awareness and for a different possibility to open up.

3. Who does this belong to? Is it mine, someone else's, or something else's? Whatever is true for you is going to feel energetically light, whatever's not true is going to feel heavy to you.

- If it's yours, say the Access Consciousness® clearing statement to clear the energy: “Everything this anxiety is, I destroy and uncreate it all. *Right and wrong, good and bad, poc and pod, all 9, shorts, boys and beyonds.*”
- If it's someone else's, return that energy to sender, whoever it is. Just intend this and the energy will go.
- If it's something else's, it's most likely the earth, so collect that energy in your hands and contribute that energy to earth in a 1-2-3, where you throw the energy down toward the earth on the count of 3, as if you're throwing a ball. Repeat this a few times and notice if anything feels different.

4. Is this real or an invention? What invention am I using to create the upset I am choosing? Everything that is, will I destroy and uncreate it? *Right and wrong, good and bad, poc and pod, all 9, shorts, boys and beyonds.*

5. Expand your energy out – Let your energy field expand out in all directions until you are big as the room you're in, as big as the building you're in, as big as the block, the city, the state, the country, and keep going (including up into the sky and down into the earth) until you are as big as the earth, the solar system, the galaxy and out into the infinite reaches of the universe. From this expanded state of awareness, how does your upset seem now?

6. Take the anxiety itself and expand it out until it's as big as the universe. If it lessens or goes away, it isn't real, it's an invention. For comparison, take something that is real, like the great caring you have for someone, and expand it out. Notice how it actually gets greater, letting you know that this is not an invention that you've made up.

7. IPOV – “Interesting point of view, I have this point of view.” This gives you some space between you and your upsetting thoughts and feelings. Keep repeating this phrase until the intensity lessens.

8. Crazy phrase – “Everything is the opposite of what it appears to be, nothing is the opposite of what it appears to be.” Keep repeating this phrase until the intensity lessens.

9. What's right about this that I'm not getting? What's right about me that I'm not getting? What if there's nothing wrong with me? What if there was never anything wrong with me?

10. What else is possible? Or, what else is possible here that I haven't even considered? What's beyond all this?

* Many thanks to Gary Douglas and Dr. Dain Heer, the co-creators of Access Consciousness®, from which the majority of these tools came. For more info, please go to www.accessconsciousness.com. For more info on the Access Consciousness® clearing statement, go to www.theclearingstatement.com.