

Stress Is Gone

# ANXIETY FREEDOM TECHNIQUE

Rate Your Anxiety from 1 to 10: \_\_\_\_\_

## **STEP 1. EXPRESS YOUR CORE EMOTIONS**

A. Right now I feel totally overwhelmed by (list whatever is upsetting you):

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

B. The most upsetting situation from the above list is:

C. My biggest fear about that is:

D. Right now I feel tension in my (stomach, chest, throat, etc):

E. Instead of anxiety, I want to feel (freedom, trust, peace, clarity, confidence, happiness, self-love, divine light, etc):

## **STEP 2. COMPLETE YOUR FREEDOM STATEMENT**

Enter your answers from SECTION 1 where prompted below:

I want to completely break free from the fear of (insert C)

\_\_\_\_\_

I unlock & release all the tension from my (insert D)

\_\_\_\_\_

I refill that space with (insert E)

\_\_\_\_\_

right now!

## **STEP 3. BREATHE & RELEASE**

1. Touch your body where you feel the most tension and breathe deep & slow.
2. Slowly read your Freedom Statement aloud 3 times.
3. Continue breathing deep & slow for 3-minutes, silently say "I'm OK".

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If you have trouble expressing or letting go, state these affirmations and repeat Step 3.

"It's safe to express myself...It's natural to express how I feel"

"I want to know how to let go...I am ready, willing and able to let go."

"I deserve to feel at ease and be free of anxiety."



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