



"There's always enough time for every important thing. Begin by identifying what your anxiety feels is important right now. At least you will be on the same page. Hear and value your anxiety first, earn its trust to LEAD it in the right direction."

CONSCIOUS QUESTIONING ANXIETY

DERIVED FROM DYNAMIC EMOTIONAL INTEGRATION PRACTICES

1. BEGIN WITH A CLEAR STATEMENT

Such as, **"Okay, I'm consciously questioning my anxiety now."**

2. ASK ANXIETY WHAT REALLY NEEDS TO GET DONE RIGHT NOW

You may have more than one answer which is okay. Write them down. If you are having trouble realizing what your anxiety needs, here are guiding questions to help:

What brought this feeling up? What really needs to be done? What action should be taken?

Additional questions to help identify further needs

- What do I *really* need right now, in the moment, that my anxiety thinks is so urgent?
- What are my strengths and resources?
- What have I achieved or completed recently that may have loose ends?
- What is one small task I can complete right now?
- What do I need to do to prepare?
- Is anything unfinished that I have avoided or forgotten about?
- Can I delegate my tasks or is anyone else capable to help?
- Are there any upcoming due dates I may be concerned about?
- Do I need more information about anything going on right now?
- Is there anything I have overlooked?
- Who or what do I need to remember to place as a priority?
- What are the BIG things in life that are really disappointing me right now or bothering me?

Use this space or journal to *freewrite* more as it shows up. Allow feelings, thoughts, concerns to unfold.

3. REASSURE YOUR ANXIETY

Ask your Anxiety if it trusts you to listen to it and take it seriously. Describe response.

Reassure your Anxiety that although you can't do everything at once, however you truly have the intention to listen to what it is alerting you of and you will plan as best you can right now.

4. WHEN YOU FEEL YOU HAVE A SATISFYING LIST FOR NOW

Wrap up this Conscious Questioning session by simply stating "**Thank you anxiety. I have what I need and I am done with this Conscious Questioning session now.**"

5. NOW TAKE ACTION TO COMPLETE TASK(S), SCHEDULE/PLAN THE TASK(S)

Since you have made an agreement with yourself (and your anxiety) to take action as needed, it is essential you take this seriously and either complete the tasks in this moment or make a specific schedule or plan as much as possible for initial steps in the right direction.

If you have high-levels of anxiety it is likely your anxiety does not TRUST you to listen to it or take it seriously... you may even be avoiding it or avoiding aspects of your life that cause anxiety instead of handling things ideally. Leverage this practice to earn opportunities to earn trust in yourself more and more.

Use this space to write down the tasks you need right now, or your plan of action.

Identify ways you may have been avoiding or procrastinating as well and strategies to overcome this. Use your journal as needed to start scheduling and planning as needed.

6. ONCE COMPLETE, ALLOW FOR SOMETHING FUN, GROUNDING OR SOOTHING.

Incorporate a **Simple Comfort or something calming, rejuvenating, or enjoyable.** Self-care is essential if you want to feel good in life. This is a great opportunity to reward yourself after facing your anxiety. Remember anxiety is always looking out for your safety and trying to help you! Note the simple, action-oriented self-care task you're going to do