

Calming Distress Script For Anxiety

1) Recognize and allow

I feel (.....insert emotion name here.....). There's nothing wrong with it - it's just an emotion, or a feeling. I allow myself to feel it. I allow this emotion to overflow me. I don't have to be afraid of it. I don't have to stop it, but if I do some activities, it will pass sooner. It is okay.

2) Watch your emotion

I can simply be a watcher of this feeling. I can spectate. I can notice how it feels, what it does to me. I don't have to associate myself with it. It just a feeling, just an emotion. Nothing more, nothing less.

I look at this feeling. I notice where I feel it in my body. I am not my emotions... I'm just a watcher of them.

These feelings are just like an ocean wave. I can float on it until I reach the shore.

Or maybe they're - a train that has to pass by. Maybe they're like little people that come in and out of a room in my head. They stay here for a longer or shorter period of time... But they eventually leave.

3) Get back to the present

I bring my attention back to the present moment. I notice what I hear, see, touch, smell. I focus on my breath. My breath is my anchor to the present moment.

4) Deal with the comebacks

I can feel emotions coming back. It is okay. This is just what feelings do - they are meant to be felt. They sometimes come again and there's nothing wrong with that. I can simply notice and witness them again. It's just another wave.

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