

The worrier	The anxious experience
<p>1. Make yourself anxious! Write down what it is you say and do to make yourself anxious, worried or scared. Try to be specific and scare yourself with images, scenarios and consequences. If you have memories of things going wrong, remind yourself of those incidents.</p>	<p>Write down step 1 here:</p>
<p>Write down step 2 here:</p>	<p>2. What is it like to hear it? Read the message from the worrier out loud. Become aware of what is happening in your body as you read it. What is it like to hear this threatening message? Write it down and let the worrier know what it is like.</p>
<p>Write down step 3 here:</p>	<p>3. What do you need from the worrier? Try to put words to what you need to happen and what you would like to hear instead. Write it down.</p>
<p>Write down step 4 here:</p>	<p>4. What does it feel like to ask for it? Read out loud the words from step 3 and tell the worrier what you need. Become aware of what it feels like to ask for it. If it feels good, tell the worrier again what you need. Write down how it is to ask for what you need.</p>
<p>5. As the worrier, how do you respond to this? If you still feel like scaring the other part of you, go back to step 1 and do it some more. If it feels like what the other part is asking for makes sense, write down how it makes sense and tell the other part of you. What have you been trying to achieve? Have you tried to protect the other part? Can you agree to the other part's need?</p>	<p>Write down step 5 here:</p>
<p>Write down step 6 here:</p>	<p>6. What does it feel like to hear what the worrier is saying? Read what the worrier is saying, while at the same time becoming aware of what it feels like. Write it down. If you found this exercise difficult, sum up what it was like and where/how it got difficult. You can try to do the exercise again later on, perhaps sometime when you feel particularly anxious or worried.</p>