

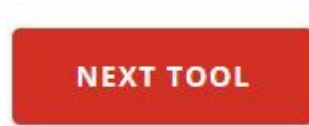


## AnxietyLab.org

### 3-4-5 Program Course Checklist:

Begin on the 3-4-5 Program main page and click on the red “Begin Program Now” button to the right of the instructions. Begin doing each main activity according to the KEY IDEA and instructions. The first 3 activities of the program need to be done consistently (Affirmations, Feel-Write-Shred, Journaling).

When ready to do additional activities, click on the red NEXT TOOL button to go to the next item in the LOOP.



*Use this button to stay in the 3-4-5 Program LOOP.*

Throughout the 12 weeks, (90 days), do the other activities on the MEMBER PAGE in addition to the tools in the loop. Scroll down the Member Page – all activities are on that page.

NOTE: Once you know HOW the activities work, it's not necessary to go to the website every day.

- Other resources can be found at the bottom of each page:



Check off each item that you complete:

✓ Begin the 3-4-5 Program course

\_\_\_ Affirmations 90 days (*Affirmations page in the 3-4-5 Program loop, also **write your own***)

\_\_\_ Journaling 90 days (*Journaling page in the 3-4-5 Program loop*)



- \_\_\_ Feel-Write-Shred 90 days (*Feel-Write-Shred page in the 3-4-5 Program loop*)
- \_\_\_ Meditation/prayer/other (*Introspectionism page in the 3-4-5 Program loop*)
- \_\_\_ Read the entire Thinking Styles page (*Thinking Styles page in the 3-4-5 Program loop*)
- \_\_\_ Read the entire Metacognition page (*Metacognition page in the 3-4-5 Program loop*)
- \_\_\_ Read Anxiety Definitions and background (*Anxiety page*)
- \_\_\_ Read Physical Symptoms list (*Anxiety page*)
- \_\_\_ Read Help for Extreme Anxiety (*Anxiety page*)
- \_\_\_ Read Anxiety Will Gradually Ease (*Anxiety page*)
- \_\_\_ Read Easing Anxiety Symptoms (*Anxiety page*)
- \_\_\_ Do Method #1 Put Worry on a Schedule (*Anxiety main page*)
- \_\_\_ Do Method #2 Reality Testing (*Anxiety main page*)
- \_\_\_ **Read Dealing with Set-backs (*Member page*)**
- \_\_\_ **Do Journaling Exercise #1 Inventory (*Journaling page*)**
- \_\_\_ **Do Intermediate Journaling Exercise #2 What is my worldview? (*Journaling page*)**
- \_\_\_ **Intermediate activity: Media Diet (*Member page*)**
- \_\_\_ **Do Method #3 Target Anxiety Itself (*Member page*)**
- \_\_\_ **Do Method #4 Call Anxiety's Bluff (*Member page*)**
- \_\_\_ **Do Method #5 Cool Blue Visualization (*Member page*)**
- \_\_\_ **Do Method #6 Stop the Worry Habit (*Member page*)**
- \_\_\_ **Power #1 Intention (*Member page*)**
- \_\_\_ **Power #2 Motivation (*Member page*)**
- \_\_\_ **Power #3 Confidence (*Member page*)**
- \_\_\_ **Do Muscle-Building Exercise #1 Discomfort (*Member page*)**
- \_\_\_ **Do Muscle-Building Exercise #2 Quieting the Mind (*Member page*)**
- \_\_\_ **Do Thinking Styles Activity (*Member page*)**
- \_\_\_ **Do Thinking Styles Quiz (*Member page*)**
- \_\_\_ **Do the Assessment checklist (*Member page*)**



**For those with issues that come from a hard childhood, move on to the next phase:**

- \_\_\_ Read *“What is child abuse?”* and *“Introduction to Childhood Trauma”* (*Trauma page*)
- \_\_\_ Take the ACE quiz ([external link](#))
- \_\_\_ Read Affirmations for a “difficult” childhood (abuse survivors) (*Trauma page*)
- \_\_\_ Read Mental Hi-Jacking (or “Emotional Flashbacks”) (*Trauma page*)
- \_\_\_ Read Understanding the Inner-Critic (*Trauma page*)
- \_\_\_ Do Method #7 Boundaries (*Trauma page*)
- \_\_\_ Do Method #8 Grieving (*Trauma page*)
- \_\_\_ Do Method #9 Denial (*Trauma page*)
- \_\_\_ Do Muscle-Building Exercise #3 *Flood the Zone* (*Trauma page*)
- \_\_\_ Do the Assessment checklist (*Member page*)