



AnxietyLab.org

3-4-5 Program Course

Dealing with set-backs:

One thing that is a guarantee: there will be set-backs and challenging moments when you think it's not working or you get overwhelmed or something triggers feelings you thought you had under control.

What will be required is the ability to 'bounce-back' and keep going. These set-backs are good as they give us a chance to put our anxiety-fighting tools to work *in the moment*.

Know set-backs are coming and be prepared for them.

Meeting a set-back head on and dealing with it while remaining calm is often a confidence boosting event.

Welcome set-backs as you get stronger.