



AnxietyLab.org

Frequently Asked Questions:

Q: What is AnxietyLab.org?

A: AnxietyLab.org is the host website for the 3-4-5 Program. The 3-4-5 Program is an on-line self-guided self improvement course to eliminate anxiety. There are 3 parts to the AnxietyLab.org website:

1. the free 3-4-5 Program (the LOOP)
2. the additional materials of the paid 3-4-5 Program Course (Members)
3. the Informational Pages with additional resources and materials (bottom menu)

Q: Who should use AnxietyLab.org?

A: Anyone who is having an anxiety problem whether it is mild and situational (dealing with COVID or a break-up, etc.), or long-term anxiety from trauma; and people who fall into one of these categories:

- **Those in therapy** may want to do it and then take what they learn to their therapist for more in-depth analysis.
- **Those for whom therapy does not work**, this can be an effective substitute for talk therapy.
- **Those who want to deal with their problems in private.**
- **Those who have not yet found someone to help them.**
- And finally, the program is also good for those who don't have a huge problem, but may want to refine their thinking skills and emotional responses so as to **gain a new skill** or strengthen a skill.

Q: Where does all this information come from?

A: The materials, methods and general information in the site are drawn from a variety of trusted sources (research) and actual life experience of the authors of the Lab materials. Everything you read on the Lab site can be found in many other places as we all are learning about this condition and what to do about it.

Q: Are these methods safe and proven?

A: Yes. There is a large body of research that proves that cognitive behavioral therapy is THE best option for self-guided mental health. There is also a large body of evidence showing the benefits of meditation, exercise, creative expression and journaling. Journaling is its own type of therapy and some use it exclusively.

Q: How do I access the additional materials?

A: Pay the \$49 membership fee.

Q: Once I have a membership, what do I do?

A: Send an email to the administrator (Hello@Anxietylab.org) and you'll be granted access to the Member Page. (Use the same email you used to complete the purchase of your membership. If you pay by cashier's check, include the check # in your email.) Be sure to SAVE THE EMAIL YOU RECEIVE WITH YOUR ACCESS to the member page. You may need it to re-set your password. Once you're on the Member page, use the checklist and schedule to complete the whole program.

Q: How do I keep track of where I am in the 3-4-5 Program Course LOOP?

A: Use the checklist and schedule. Then use your log or notebook to keep track of what you're doing specifically. This is a self-guided program so you'll need to be organized and guide yourself through the LOOP every day and check off the items you complete.

Q: How do I know if I'm doing it right?

A: If you stick to the schedule and really *do* the activities in the LOOP and additional materials, you will notice a difference. It is highly unlikely that a person would feel no change after doing this for a few weeks. If you do it consistently for weeks and feel no benefit, consult a healthcare professional.

Q: How do I know if it's working?

A: Use the Assessment materials on the Member page to go through the list of Objectives and Milestones to monitor your progress. Answer the 4 key questions:

- Am I feeling better?
- Am I solving my problems?
- Am I working toward my goals?
- Am I having fewer conflicts?

Q: Can this hurt me if I do it wrong or too much?

A: There's little chance that keeping a journal and meditating and drawing can possibly hurt you. For trauma survivors, these activities may bring up painful memories and be triggering, so be mindful of that.

Q: Who do I talk to if I'm unsure or unsatisfied?

A: Send an email to the founder at Hello@Anxietylab.org

Q: Are there options to speak to someone if I need more guidance?

A: Yes, we can provide low-cost consulting on how to do the 3-4-5 Program. Send an email to the founder at Hello@Anxietylab.org