



**AnxietyLab.org**  
**3-4-5 Program Course**

**Method #3**

**Target Anxiety itself**

**RULE #3: Make a distinction between solvable and unsolvable problems**

Is this outside your control or something you can actually do something about? Problems that are outside one's control are the most common to worry about because the act of worrying itself makes us feel better and is a distraction from our true emotions. Feeling what you have to feel about a situation is difficult (*it's a shame; it's not fair; I'm angry, I regret making that mistake*, etc.), but better than destructive non-stop worry. The ability to accept what we cannot change is a mark of maturity and wisdom but must be actively cultivated. It takes effort but the damage to our happiness and well-being if we do not develop this skill is obvious.

**Method 3: Target anxiety itself**

In your affirmations you may at some point make anxiety itself the intentional object. Targeting the thing in itself can empower you to change the psychological and physical addiction to the worry habit. Once you intentionally identify and target this habit, it will weaken. Doing this kind of affirmation every day and believing it is how to 're-wire' your brain to not automatically go into this mode.

**Sample affirmations to target the worry habit:**

I understand that dwelling on an issue is not actually helpful even if it brings me relief.

I vow to stick to the worry schedule.

I promise myself that I will un-wire the worry habit from my brain.

I trust my decision-making enough to have faith that I'm not bringing disaster on myself.

I understand that some of my worries are unfounded and unnecessary.

I will learn to tolerate more uncertainty.

True disasters are actually rare.

I have handled scary things before, I can do it now without being overwhelmed.

Uncertainty is just that – it's not certain to be bad or good or to happen at all.

An unknown and uncertain situation can turn out good just as much as it could turn out bad.

I trust myself to be responsible enough to handle daily issues that rarely turn into big problems.

I have faith in myself to handle what comes.

I promise myself that I will 'unwind' this habit from my brain.

I understand that worrying is now a kind of physical addiction. I am working to end it.

I now know that this worry habit is destructive and I want to stop it.

Worrying too much about things is not productive. I am wasting my energy.