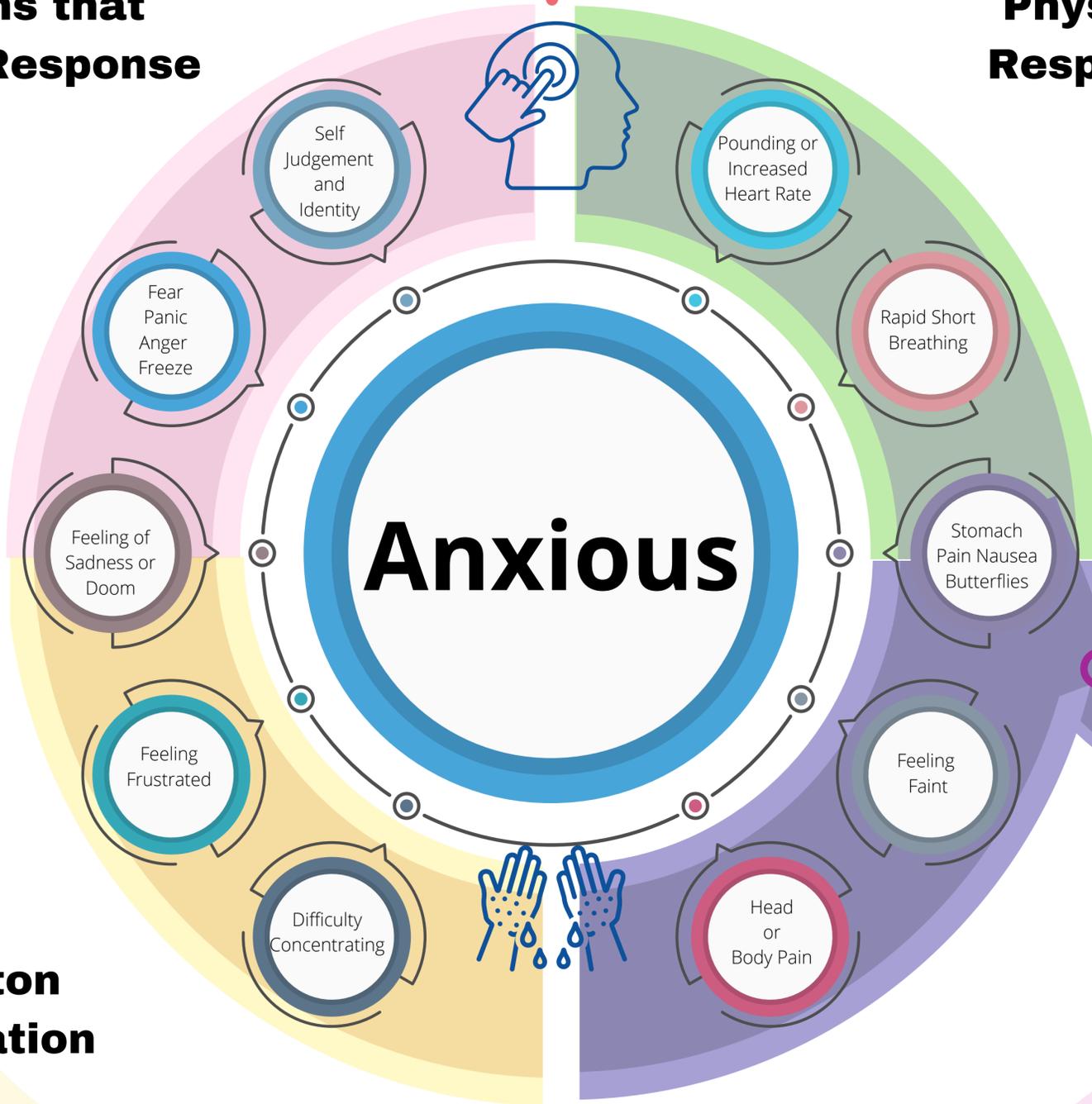


Activating Event Starts Trigger releasing chemistry in the Body Sensations are Individual Experiences

**Thoughts Tied to Sensations that Reinforce Response**

**Physical Response**



What would your life be like if your anxiety was manageable? What would your life be like if instead of anxiety, you felt excitement?

There is very little difference between the Sensations of Anxiety and those of Excitement!

**Interpretation of the Sensation**

**Sensation within the Body**