

Table of Contents

About the Author i

Introduction..... 4

 I've Been There Too4

What Is Anxiety? 6

 Anxiety Is an Emotion6

 Everyone Experiences It6

 What Does Anxiety Feel Like?7

 What Makes You Feel Anxious?.....8

 Anxiety and Performance Level9

 It's Healthy to Be in the Zone11

What Type of Anxiety Do You Have? 12

 Phobias/Social and Performance Anxiety12

 Panic Attacks13

 Obsessive-Compulsive Anxiety13

 General Anxiety.....14

Behind the Scenes of Anxiety..... 15

 Double-edged Sword15

 What If ...?.....16

 More about Panic: The Snowball Effect.....16

Overcoming Anxiety 18

 The Fuel of the Fire18

 Social Support: Extinguish the Shame!.....19

 Breathe in, Breathe Out21

 In Your Mind's Eye22

 Changing the Way You Think23

 Reduce the Pressure23

 Thought Record24

 Changing Your Behavior31

 Avoidance31

 Exposure32



Conclusion 36

Frequently Asked Questions 37

Resources 39

 Complete Thought Record40

 Visualization Exercise41

 Anxiety Tracking Tool42

Recommended Reading..... 44

