

Frist Exercise – Deep Breathing

Breathe in for 5 seconds

Hold for 5 seconds

Breathe Out for 5 seconds

Second Exercise – Objective Thinking

1. What are you fearful of – worst thing that could happen?
2. What actual evidence do I have that makes these negative thoughts to be factual and true?
3. What evidence do I have that makes these negative thoughts to be actually false?
4. What are the benefits of experiencing the circumstances I'm experiencing?
5. What is a more objective way of thinking about this situation now?
6. How different do I feel now?
7. What new learning and positive actions can I take from this?