
Program Outline

Session 1: Panic and How We'll Overcome It	Total Audio Time: 1:06:00
In this introduction to the series, we jump right into a discussion of panic disorder, its symptoms, and we discuss exactly what is happening when we have a panic attack. The first step in solving a problem is being clear about what the problem is. The appropriate solution for panic and anxiety is calm, peaceful cognitive-behavioral therapy (CBT).	
Theme: Introduction	
Session 2: The Solution to Anxiety is a Paradox I	Total Audio Time: 1:03:24
What you learn in this session targets the very heart of panic disorder. That is the main reason why it's so hard for people with panic to figure out how to put an end to panic attacks and the whole panic cycle. The explanation of how to overcome panic starts with this foundational theme of the anxiety paradox.	
Theme: Paradoxical and Counterintuitive Strategies	
Session 3: Learning How to Be Calm and Slow Down	Total Audio Time: 1:26:26
In this session we learn a new way to calm down in almost any kind of situation. We call it Slow Talk or Calm Talk. As a strategy, Slow Talk is both useful and practical in enabling us to slow our internal bodily responses down. The power of this strategy also lies in its direct practice and application. It puts us in control of our emotions and emotional state. Thus, Slow Talk is an integral part of our therapy. The more we practice Slow Talk, the more benefits we will realize from this strategy.	
Theme: Slowing Down Strategies	
Session 4: The Solution to Anxiety is a Paradox II	Total Audio Time: 1:21:53
In this session we reinforce the concept of the Acceptance Paradox introduced in session 2. We know that the Acceptance Paradox is vital to the process of overcoming panic disorder. When you face panic with acceptance, panic attacks and the anxiety surrounding them will begin to shrink and eventually disappear. Anytime you meet anxiety with calmness, you are defeating and destroying your anxiety and panic. Still, at this point in your therapy, this certainly feels "easier said than done". Thus, we reinforce and build upon the Acceptance Paradox in this session. We also introduce "Rational Coping Statements" which you'll use to keep you thinking more rationally when anxiety and panic try to frustrate you.	
Theme: Paradoxical and Counterintuitive Strategies	

Session 5: Stopping Automatic Negative Thinking (ANTs) I	Total Audio Time: 53:35
<p>The next foundational theme involves strengthening our rational reasoning abilities in order to effectively change our old, irrational thoughts and feelings (ANTs). In previous sessions, we focused on the emotional side of strategies and solutions. Now we address the cognitive side: our automatic negative thinking and how to gradually and effectively change it into a habit of rational, healthy thinking. We learn to get our thinking in line with what is rational, and under our control, because it is irrational thinking habits we currently have which keep panic attacks alive. In this session, we break down the steps we go through to begin the process of stopping ANTs.</p>	
Theme: Controlling and Reducing ANTs	

Session 6: Stopping Automatic Negative Thinking (ANTs) II	Total Audio Time: 52:56
<p>This session is an important continuation of what we learned in session 5. In both of these sessions we focus on thoughts – specifically our automatic negative thoughts and emotions – and how to effectively change our thinking to become more rational and healthy. In this session, we use a method that’s more than just an ANTs-stopping technique. Daily repetition of “The ANTs Parable” helps cement the fact to your brain that you do not like or want to have these automatic negative thoughts running through your brain. This makes it easier for you to see ANTs for what they really are. As strategies begin to work together, it’s easier for you to understand what’s going on and what to do about it. Plus, you’re encouraging a new emotional strength that comes directly out of your calmness and peace.</p>	
Theme: Controlling and Reducing ANTs	

Session 7: If It Comes from Out of the Blue	Total Audio Time: 53:37
<p>In this session we reinforce what to do when a wave of anxiety hits you, unexpectedly, from out of the blue. You know rational ways of changing this now and can turn an anxiety attack around so that anxiety lessens, grows weaker, and disappears. We also go further into why acceptance is so very important in stopping and shutting down panic attacks. We already know that the Acceptance Paradox is the solution to anxiety. Now we add deliberate acceptance. Deliberate self-acceptance changes everything. Acceptance of our lives and our problems actually helps solve our problems with anxiety. Accepting yourself provides powerful dividends that will become apparent as your brain has time to process the message.</p>	
Theme: Paradoxical and Counterintuitive Strategies – Directed Self-acceptance	

Session 8: External Focusing Reduces Anxiety	Total Audio Time: 51:47
<p>The power of external focusing to help us cut down on our feelings of panic and anxiety is great. We want to be externally focused – meaning that we pay attention to things outside of ourselves – outside of what’s happening inside ourselves. That is why we need to develop the habit of noticing things outside ourselves – of becoming externally focused, and become aware of all the things going on around us. Physical exercise is also a strategy that eliminates anxiety. Physical activity, of any kind, is one of the best things you can do as you go through life. Exercise burns off excess adrenaline and cortisol, and it encourages us to focus externally on the present situation.</p>	
Theme: Paradoxical Strategies / Loosening Up and Calming Down	

Session 9: Worrying and Symptom Shifting	Total Audio Time: 44:08
<p>In session 9 we identify the habit of worrying as another ANTs behavior. Let's be clear that worrying never does us any good. It is an irrational thinking habit. When we worry, we are giving power and fuel to the ANTs and making them stronger. So, we must identify our worries, just like we have learned to do with other irrational ANTs thoughts. We discuss the topic of Symptom Shifting. You should be aware and ready for Symptom Shifting if it happens so that it has no chance of throwing you off your progress. Finally, we touch upon "overlearning". Review and repetition are necessary parts of overcoming panic and anxiety for everyone.</p>	
Theme: Controlling and Reducing ANTs	

Session 10: Controlling Negative Emotions	Total Audio Time: 44:27
<p>The biggest challenge for many of us is still that we are dealing with irrational emotions that lie to us. Strong feelings can make us lose focus and get in the way of our progress. This session helps us deal with the emotions that try to trip us up and get us off track. We also need to realize that all human beings have certain "rights". We want to believe in and feel these rights for ourselves. These rights are not simply emotional in nature, but they are rational, too. The rational acceptance of these rights through the "Deserving Statements" will change how you feel about yourself and add another important element to your progress in overcoming anxiety.</p>	
Theme: Controlling and Reducing ANTs (and "ANFs") / Deeper Peace and Calmness	

Session 11: The Peace Zone	Total Audio Time: 50:18
<p>In this session, we emphasize the positive feelings that exist in the emotional part of brain. When we focus on our peaceful feelings, our feelings of calmness and peace grow. Positive emotions are antidotes to anxiety. If peace grows, anxiety lessens. We approach these positive emotions as directly as we possibly can in this session, through the use of Determined Slow Talk with Peace Zone-themed handouts. As you slow down even more in this session, you will notice that Determined Slow Talk increases your ability to access feelings of calmness and peace. What we are doing is solidifying those feelings into the emotional part of the brain.</p>	
Theme: Deeper Peace and Calmness	

Session 12: Stay Away from Perfectionism and Pressure	Total Audio Time: 21:31
<p>People who are dealing with panic and anxiety often share the feeling that they need to be perfect. This feeling that we need to be perfect in the way we do things most often comes with pressure and, then, procrastination. These are negative behaviors which come from negative emotions which trigger anxiety. We can learn to recognize when our thoughts become rigid and perfectionistic, just as we learned to deal with ANTs. We also apply self-acceptance to these situations so that we can continue to get better and stop striving to be perfect in a way that only fuels anxiety. By getting in control of our perfectionism, you knock down another potential problem in your march toward calmness and peace and away from panic and anxiety.</p>	
Theme: Controlling and Reducing ANTs / Deeper Peace and Calmness	

Session 13: Progressive Muscle Relaxation	Total Audio Time: 29:03
<p>Progressive muscle relaxation (PMR) is designed to be an easy way to relax your entire body – to loosen up, calm down, and completely relax your muscles. It can be started at home, and then you can use it in modified form when you’re out in public. We can cut down our anxiety by using this method. There are many relaxation methods out there, but we focus on PMR in this program because it has a strong research base behind it. PMR is easy to do. It’s a ten to fifteen-minute exercise that you will be able to shorten down even further as you get more familiar with it.</p>	
Theme: Slowing Down and Loosening Up Strategies - Relaxation	

Session 14: De-Stressing Strategies	Total Audio Time: 24:05
<p>Since the Acceptance Paradox each step has been to ensure we are thinking rationally – so that our rational mental capacities can be in control of our feelings and emotions. Even when we make mistakes and get carried away by negative emotions, it isn’t long before our rational brain can bring us back to thinking and feeling clearly and rationally. The “De-stressing Strategies” in this session are short, direct, factual statements we want to get into our brain to cut down on our old habits of blowing things out of proportion, which escalate the cycle of anxiety in our lives. These statements help us more quickly re-assess what is going on around us. We use the De-stressing Strategies to put everything into its proper perspective.</p>	
Theme: Deeper Peace and Calmness	

Session 15: Leading an Anxiety-free Life	Total Audio Time: 47:31
<p>Overlearning is the process by which you’ve studied a subject so many times, that all the repetition turns it into an automatic behavior. Therapy requires repetition. You have this therapy program and can review it as many times as you need to. In this closing session, we discuss the strategy of having a rational talk with yourself every day. This is a strategy you can use now to continue to reinforce your progress, and you can use it for the rest of your life to stay centered and balanced, particularly during stressful times. This has proven itself to be a powerful strategy for many who have come through the Anxiety Clinic. By using this strategy, with all that you have learned in this therapy series, you become your own coach as you move forward. You are your own best friend, best coach, and now best therapist as you use this strategy.</p>	
Theme: Review / Controlling and Reducing ANTs / Deeper Peace and Calmness	