"Time Jump" Technique

Anxiety is generally a future based emotion. It is difficult to feel anxious about something that is over, and has gone well.

A simple process to reduce anxiety involves jumping forward in time in your imagination to a point shortly after the <u>successful</u> conclusion of the event that you had felt anxious about. Vividly experience what it is like to have had success in the event, and, looking back from this position to before the event, notice what happens to the anxiety you had felt then.