
Four Foundational Areas

There are four major “themes” or foundational areas to master in our journey of overcoming panic and anxiety. Once we have “over-learned” all four of these foundational areas – through practice, repetition, and persistence – we will have cut off panic and anxiety for good.

Four Foundational Areas of Overcoming Panic and Anxiety	
Paradoxical and Counterintuitive Strategies Paradoxical strategies of acceptance Directed strategies of self-acceptance	Slowing Down Strategies Strategies for calming down and loosening up to gain control over our physical reactions
Controlling and Reducing ANTs Strengthening our rational reasoning abilities in order to effectively change our old irrational thoughts and feelings (ANTs)	Deeper Peace and Calmness Nurturing a deeper peace and calmness within our emotional brain which has the effect of reducing panic, anxiety, and other negative emotions