

Reducing Anxiety Exercise

“Spiraling Technique”

When experiencing anxiety, follow these steps:

1. **Locate** where the anxiety currently exists in your body.
2. **Assign a color** to the anxiety.
3. **Pixelate the color** to help move and break up the anxiety more easily.
4. **Visualize this color** forming into a spiral-like tornado.
5. **Notice the direction** of the tornado. Is the tornado spiraling clockwise or counter-clockwise?*
6. **Move** the colored spiral up and out of your body. In other words, if the colored spiral is in your stomach, **force it up** through your chest, throat, face, and head, thus, leaving your body through the top of your head.
7. If the anxiety becomes stuck, **list the attributes you possess** to push it up and out. (i.e., determination, joy, perseverance, hope).
8. Once you push the **spiral out**, **choose a word** you would like to **spiral in** to replace the anxiety. When you have chosen that word, **position the letters** of that word over your head. **Assign and envision a specific color** to the entire word now positioned over your head.
9. **Swirl or spiral this word** over your head into your body **one letter at a time down** to the specific area where the anxiety had previously resided. **Spiral these letters in the *opposite direction** of that which you spiraled the anxiety “out.”
10. Once the word has made it to the spot where the anxiety once resided, **explode the replacement word in its defined color** to that area of your body.
11. Take a moment to **notice the difference** in how you now feel. **Allow your body and nervous system** to embrace this new level of calm.

Sandra B. Stanford, LMHC

Hearts Matter-Counseling Center
www.sandrabstanfordcounseling.com

Inspired by EMDR Therapy Training

