

EXERCISE: Noticing Your Own Unwillingness

In your struggle with anxiety what have you noticed about your life – have the efforts to control and stop your unwanted experiences allowed you to be free of fear? Or have they ended up making it worse?

We would like you to take some time to think about your anxiety. Think back over the past few weeks to moments where you have experienced strong fear and anxiety. Consider what happened before this emotion: what was the triggering event? Then, what happened after? Did you find yourself engaging in unhelpful avoidance that took you away from what is important to you? Or did you use your *Open, Aware* and *Active* skills to stay on track with your values? It would help to reflect on several situations where you experienced fear, anxiety or worry.

What was the situation?

What were your Responses (emotions, thoughts, sensations, urges)? How willing were you to experience fear and anxiety (0 – not at all, up to 10 – completely willing)?

What did you do? Did this move you away from your Values (Avoidance) or towards your Values?