

Neuro linguistic programming. When having an overwhelming feeling:

- 1) Identify physical sensations (my heart is pounding)
- 2) Identify emotion (I am feeling anxious and that's where I'm at)
- 3) Breathe and check in
- 4) Repeat Physical sensation (my heart is pounding less...)
- 5) Repeat Emotion I am feeling anxious and that's where I'm at)
- 6) Repeat breathe and check in
- 7) When symptoms significantly decreased end with (and that's where I'm at... and it's no big deal)