

I am Mantra for Anxiety

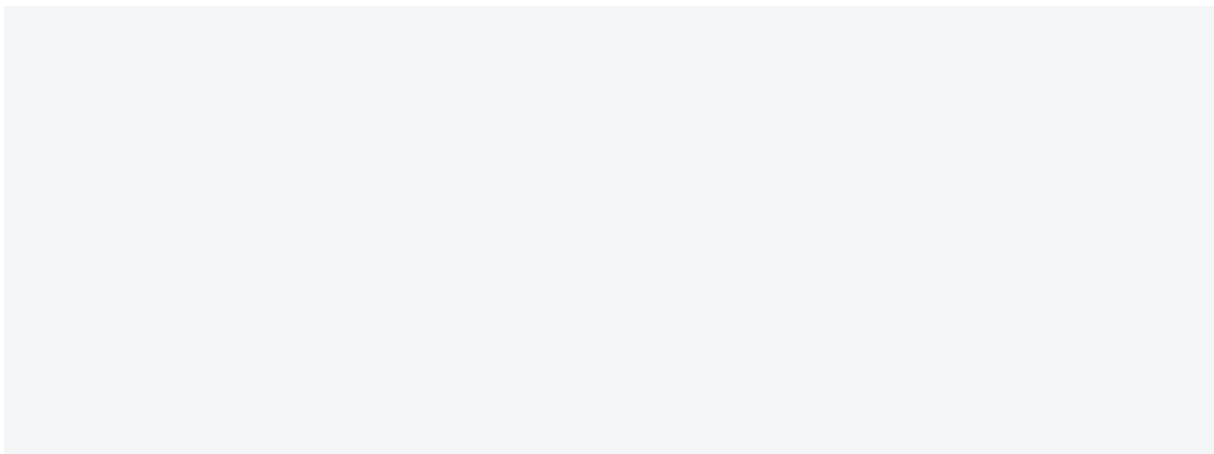
Becoming a good observer is vital because it offers a helpful perspective and practical experience for anyone struggling with their worries, anxieties, and fear (Forsyth & Eifert, 2016).

The following worksheet helps you observe how you react to difficult descriptions of yourself. After all, *"I am neither this nor that, but instead I Am-I am that I am"* (Forsyth & Eifert, 2016, p. 192).

Start by reading the following statements, then continue adding other troubling, difficult, or upsetting descriptions of yourself below (modified from Forsyth & Eifert, 2016):

- *I am an anxious person.*
- *I am useless.*
- *I am shy.*
- *I am not good enough*
- *I am...*
- *I am...*
- *I am...*
- *I am...*
- *I am...*
- *I am...*
- *I am...*
- *I am...*

How do you feel as you read each one?



Do you notice how you get hooked and drawn into each?

And yet, you are none of these things. Let go and recognize that these statements do not define who you are. All that is true is "I am."

Get comfortable and take a few slow, deep breaths. Allow your eyes to close gently.

Do not try to control your mind, but start slowly, repeating the mantra “*I am... I am... I am..*” and so on.

Continue for several minutes and then stop, resting in the stillness. Slowly open your eyes and resume the day.

References

- Forsyth, J. P., & Eifert, G. H. (2016). *The Mindfulness & Acceptance Workbook for Anxiety: A Guide to breaking free from anxiety, Phobias & Worry Using Acceptance & Commitment therapy*. Oakland, CA: New Harbinger Publications.

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