

## **Anxiety Reduction – Exposure**

In order to get over anxiety, it is important to put yourself in situations that make you a little bit anxious – and do your relaxation exercises (belly breathing) – until you are relaxed and comfortable there.

Then, when you are successful in an easy situation, take on something that is a little more difficult – do your relaxation exercises when you are there – until you are relaxed and comfortable again.

Each time you succeed in being relaxed and comfortable in a new situation, the next time try something a little harder – until you can be relaxed and comfortable in situations that make you extremely anxious. When you are relaxed and comfortable there, you have solved your anxiety problem!