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Deescalating Anxiety

Level of Anxiety

10
9
8
7

- Long Slow Deep Breaths
  - In for six counts
  - Out for seven counts
  - In for eight counts
  - Out for nine counts
  - In for ten counts
  - Out for eleven counts

6
5
4
3
2

- Cycle through the first three R's
  - Relabel
    - Call the thoughts and feelings what they are.
    - "This is an obsession" or "This is a rumination"
  - Reattribute
    - Externalize the thoughts and feelings.
    - "It's not me; it's my OCD" or "It's not me; it's my anxiety"
    - "My anxiety is trying to protect me."
  - Refocus
    - Picture things you are thankful for
    - Identify the good thoughts and feelings when you picture them

1
0

- Reevaluate
  - What is the reality of the situation?
  - How did I get caught up in anxiety in the first place?