

VAPORIZE YOUR ANXIETY™

Making Your List:

In order to learn the CORE Technique you're going to have to get in touch with the feelings that are the real core of your anxiety. So go ahead and print out this page, then write down at least a few of the things that you are anxious about. Try to be as specific as possible. It's important to include as much detail as possible about these triggering situations, because that way, you'll really be able to hone in on the precise energy of the feeling in your body that is associated with the event. That is the key to success with the CORE Technique. Refer back to the quotes on pages 48 and 49 of the book if you need some help getting started. Use the back if you need more space.

1.

2.

3.

4.
