



## Quick Start Guide

Try the Anxiety Relief Protocol in your life a few times over the next 24 hours and I'm sure you will see a decrease in your anxiety.

For some of you the drop in anxiety will be quite dramatic. If not, don't lose hope. Any drop in anxiety is a good sign.

### 1 - Download the Guided Practice

Download from the training page onto your phone so you have it ready to listen to.

Also, **make sure you have headphones** with you if you plan to listen to it out of the house or when people are around.

**And we're ready to start!**

### 2 - Choose 2-3 times

**Over the next 24 hours** choose 2-3 times to listen and follow along to the ARP Guide Practice. (5 mins)

Ideally set an alarm to remind yourself to do it.

### 3 - Use ARP on your own

See if you can catch yourself any time you start to feel anxiety, and instead of doing what you would normally do, take a few minutes to do the Anxiety Relief Protocol.

## **4 - Measure**

Each time you use the protocol measure how strong your anxiety is from 1-10 before and after.

If you forget to take the measurement before, then just try to remember back to how strong the anxiety felt and take the measurement that way.

### **How did it go!?**

Remember, if this works for you, and you really want to implement it in your life I'm running a one month program where I'll support you in turning this into something that doesn't just relieve your anxiety, but heals it over time so that it doesn't come back.

Check here for full details:

<https://healyouranxiety.org/arpintegration/>