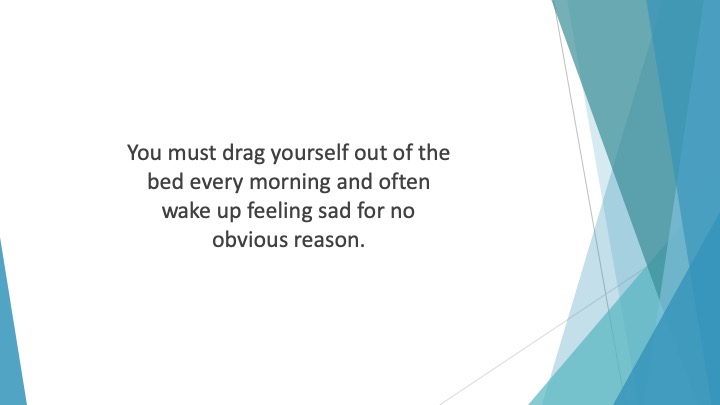
**Introduction**

****

**S1** : Pause for 2 seconds

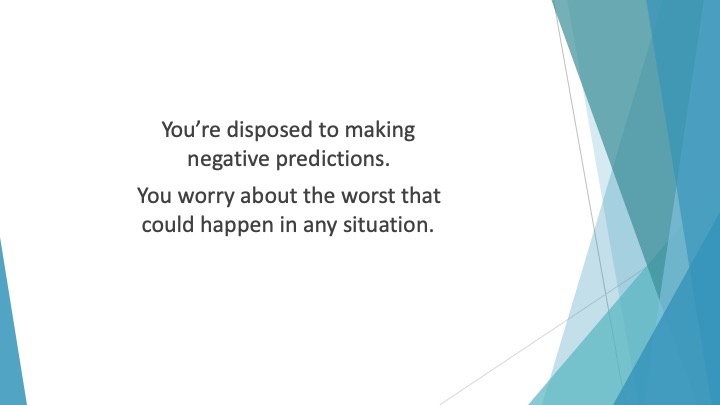


**S2** : Do any of these statements sound familiar?



**S3** : You worry too much.

You must drag yourself out of the bed every morning and often wake up feeling sad for no obvious reason.



**S4** : You’re disposed to making negative predictions.

You worry about the worst that could happen in any situation.

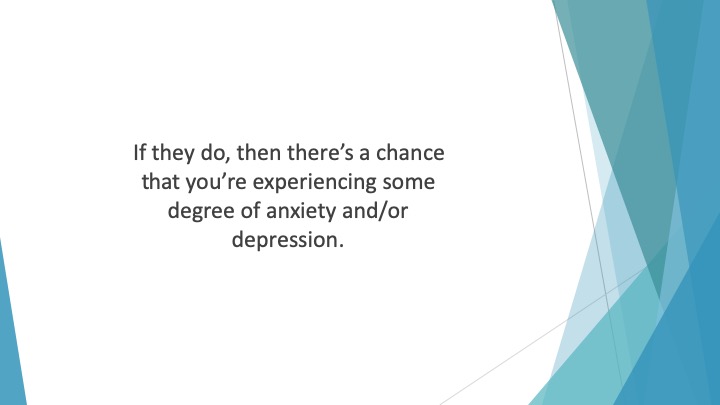
You take negative feedback very personally.



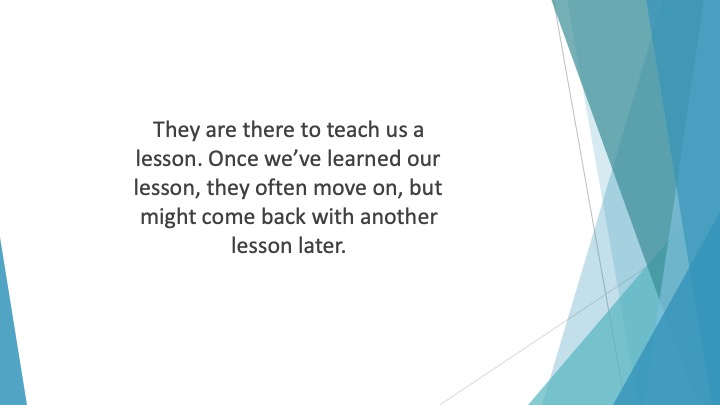
**S5** : You’re your biggest critic.

You avoid people more than you should.

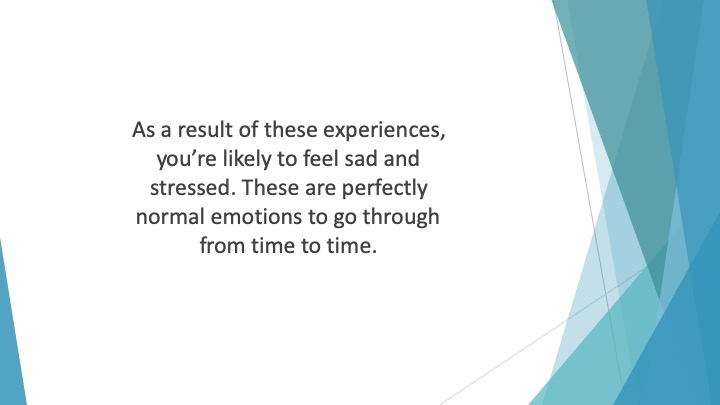
Anything less than perfection feels like failure.



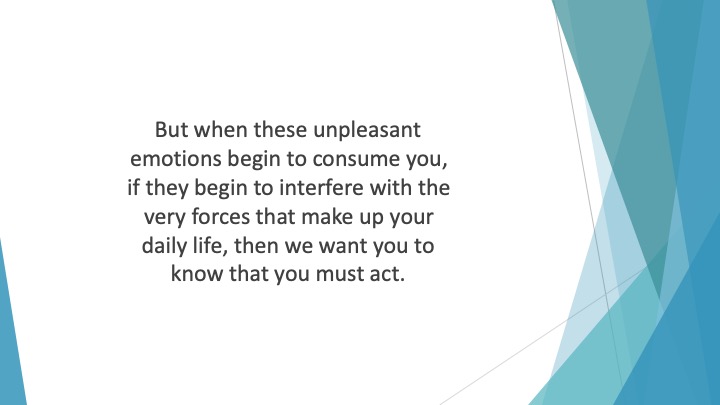
**S6** : If they do, then there’s a chance that you’re experiencing some degree of anxiety and/or depression. Unpleasant feelings are a part of our daily lives.



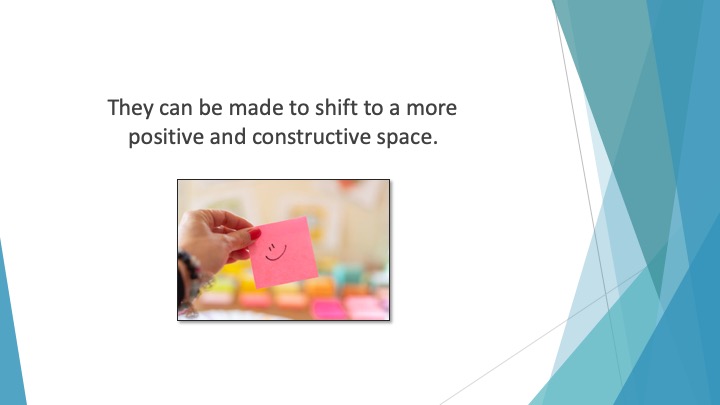
**S7** : They are there to teach us a lesson. Once we’ve learned our lesson, they often move on, but might come back with another lesson later.



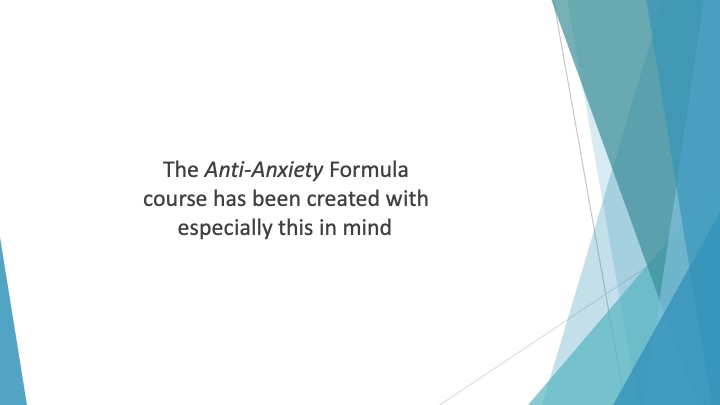
**S8** : As a result of these experiences, you’re likely to feel sad and stressed. These are perfectly normal emotions to go through from time to time. Everyone feels low and apprehensive about something or the other at some point in their lives.



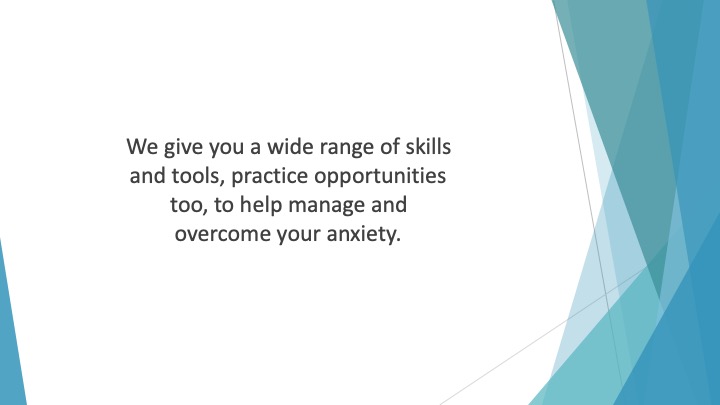
**S9** : But when these unpleasant emotions begin to consume you, if they begin to interfere with the very forces that make up your daily life, then we want you to know that you must act.



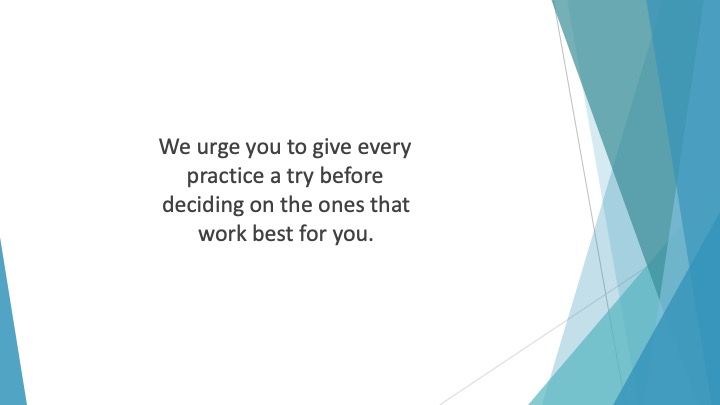
**S10** : Fortunately, these feelings can be healed. They can be made to shift to a more positive and constructive space. And we are here to help.



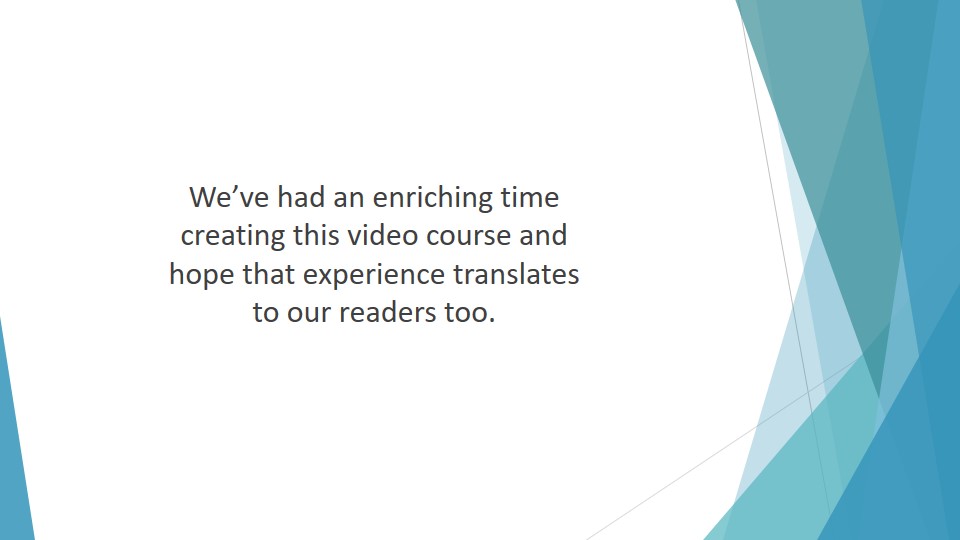
**S11** : The Anti-Anxiety Formula course has been created with especially this in mind.



**S12**: We give you a wide range of skills and tools, practice opportunities too, to help manage and overcome your anxiety. This video is filled with questions that help you reflect and find answers for yourself.



**S13** : We urge you to give every practice a try before deciding on the ones that work best for you.



**S14** : On that note, we welcome you to our video titled, ‘The Anti-Anxiety Formula.’ We’ve had an enriching time creating this video course and hope that experience translates to our readers too.