

## MARTY'S TOP 10 LIST

### Top Ten Points for Dealing with Phobias and Panic

What I would like you to know within the first few sessions:

1. You have panic and phobias. You are not having a nervous breakdown. You are not going crazy.
2. Panics will not hurt you, although they can be very uncomfortable.
3. Panics are self-limiting. They will not go on forever.
4. When panicking, you won't do what you are afraid you are going to do.
5. You are afraid of the feelings inside of you, not the external object or situation.
6. Initially, it may not be realistic for you to feel comfortable. Working on your anxiety can be uncomfortable
7. Avoidance is the name of the game in anxiety. Unfortunately, avoiding anxiety only intensifies anxiety.
8. Be tender to yourself. Panic can be looked at as a way of directing anger towards yourself..
9. When you experience anxiety, try to stay in the present. Make distinctions between "What is" and "What if?"
10. We want you to learn that, inadvertently and despite your best intentions, you are somehow creating this anxiety yourself. Once you learn how you do it, you can then learn how not to do it.