

“Confidently take control of your life...”

3 SIMPLE STEPS
TO *STOP* AN
ANXIETY
ATTACK
IN 30 SECONDS
WITHOUT MEDICATION



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What Is Anxiety?

There is a light at the end of the tunnel.

Concerns, nervousness and even surges of worry are normal parts of life and act as our body's early warning mechanism to protect us. Have you ever heard, "I was anxious before my interview," or "I had a panic attack before the test!" or "My anxiety would not let me talk to her"? More and more people use the words *anxiety* and *panic attack* to describe normal, everyday body responses to stress triggers. But these types of anxiety are common in people and are often referred to as *everyday* or *normal anxiety*, which is not the same as an anxiety disorder. However when anxiety responses become intense, excessive, and out of control, they manifest as an anxiety disorder.

What is the difference between normal anxiety and anxiety disorder? That depends on the frequency, intensity, and duration of symptoms, and many times it can be difficult for a person to tell the difference. My work here is to help you manage, stop, and hopefully prevent normal anxiety and anxiety attacks.

Anxiety and panic attacks are mental states of acute fear, apprehension, agitation, or nervousness. Physical sensations of anxiety and panic attacks include but are not limited to the following:



- chest pain
- shaking
- difficulty breathing or talking
- heart pounding
- dizziness
- light-headedness
- feeling trapped or stuck
- chills or sweating, trembling
- headaches and nausea
- tingling sensations
- frequent bathroom visits
- difficulty concentrating

Many times, when these symptoms do not dissipate right away, you spend more time than necessary suffering instead of living and enjoying your life. When your life has derailed, you have to do certain things to get yourself back to normal.

Medication definitely can bring some relief. It can also help you buy time until you learn how to stop and then prevent anxiety and panic attacks. However, medication does have its drawbacks: (1) it doesn't always help, (2) it has side effects, and (3) not everyone wants to take it for the rest of their life.

Over the past fifteen years, I have heard clients say a variety of things about their experience with anxiety: "Suddenly, I felt anxious and could not function!" "Out of nowhere, my brain froze, and I couldn't focus on my exam questions anymore." "I wanted to say something, but I felt trapped in my skin and could not even move." "My medication does not work." "My medication makes me feel even worse." "How I am going to raise my kids when this can happen at any time?" "Anxiety is ingrained in me. It's just who I am." "There's no way I can deal with anxiety. I've tried over and over again." But the most common things I hear begin with phrases like, "Suddenly . . .", "Out of nowhere . . .", and "Somehow," implying that something unknown and unfamiliar has been happening to them, like a mystery.

I evaluated the long list of similar phrases/complaints and distilled them down to five common misconceptions.

When **anxiety or a panic attack** occurs, in addition to your symptoms, you might feel the following:

- Anxiety is something that “happens” to you – “I was doing well until I got anxiety.”
- Anxiety can happen anytime out of nowhere – “Suddenly it hit me again and I could not breathe.”
- Medication is the only way to manage it – “I cannot function unless I take pills.”
- Anxiety is not curable – “I think it is genetic, so I can’t change it.”
- Anxiety will continue for the rest of your life and not get better – “I just can’t handle things in life the way others can. I’ll always have anxiety.”

I call these misconceptions “the five major myths about anxiety and panic attacks.”

The biggest myth that prevents you from getting better is that you think anxiety comes from somewhere else, from the outside, and that anxiety happens **to** you, like a virus you catch, or an accident that happens **to** you, or something unknown that happens **to** you.

There is no “mystery” about why you experience anxiety and panic attacks. Throughout the rest of this book, I will share simple techniques that have allowed many people not only to stop anxiety and panic attacks but also to prevent them. I hope these solutions allow you to unravel the mystery of your anxiety and confidently take back control of your life.

I help people learn how to prevent their anxiety in as little as a month. At the beginning of my coaching, I never would have imagined that a simple change of the thought process could stop and prevent anxiety. But years of experience prove that for some people (younger is easier and faster) anxiety and panic attacks can be ended with the three simple steps detailed in this short e-book. I developed and fine-tuned these steps and wrote this e-book with the hope that you are among the people that find relief here, but you will never know until you follow the steps of this book. Let’s get started!



Dispelling Myths about Anxiety and Panic Attacks

Solving the mystery of your anxiety without medication.

Neuro-linguistic programming (NLP) offers the best approaches to stopping and preventing anxiety. NLP practitioners studied people who had but then found a way to overcome anxiety and panic attacks. The studies identified the crucial components of these people's mental and behavioral strategies. Experts then developed clear and specific techniques to replicate that success with other people. As a result, now you can learn easy-to-follow and elegant techniques to help end the struggle with anxiety. In fact, thousands of people have used this system to leave anxiety and panic attacks in the past.

In most cases, anxiety is your body's response to your thoughts when you think about an imminent event that can go terribly wrong. If you get stuck thinking these thoughts without interrupting them with solutions or positive thoughts, then your body releases *fight-or-flight* hormones into your bloodstream which cause the anxiety or panic attack symptoms to manifest. The same process might happen when you remember a horrible event.

Biological responses are the keys to understanding how we are wired, and they are the keys to our success in stopping anxiety and panic attacks. Being aware of the fact that your thoughts guide your responses empowers you to act differently than you might feel compelled.

First, you have to learn to recognize how your thought process is structured and shaped by language and culture and how this impacts your biology. Without that recognition, your biology becomes your destiny. Do you want to be left feeling helpless? Of course not, so keep reading.

When we acknowledge that our biological responses are influenced by other factors, including our thought process and the content of our thoughts, we can

stop and even prevent panic and anxiety attacks. Our brain is a talented learning machine, and it evolves; therefore, nothing is completely static. Our thoughts powerfully affect but do not lock in our habits of having panic and anxiety attacks. Yes, you read it right! Anxiety and panic attacks become a habit after several repetitions. But those habits are learned. Nobody is born with them.

The good news is, whatever is learned, can be unlearned. You can alter your habits intelligently, using new discoveries in psychology and neuroscience to change your habitual thoughts, and, therefore, your body's responses.

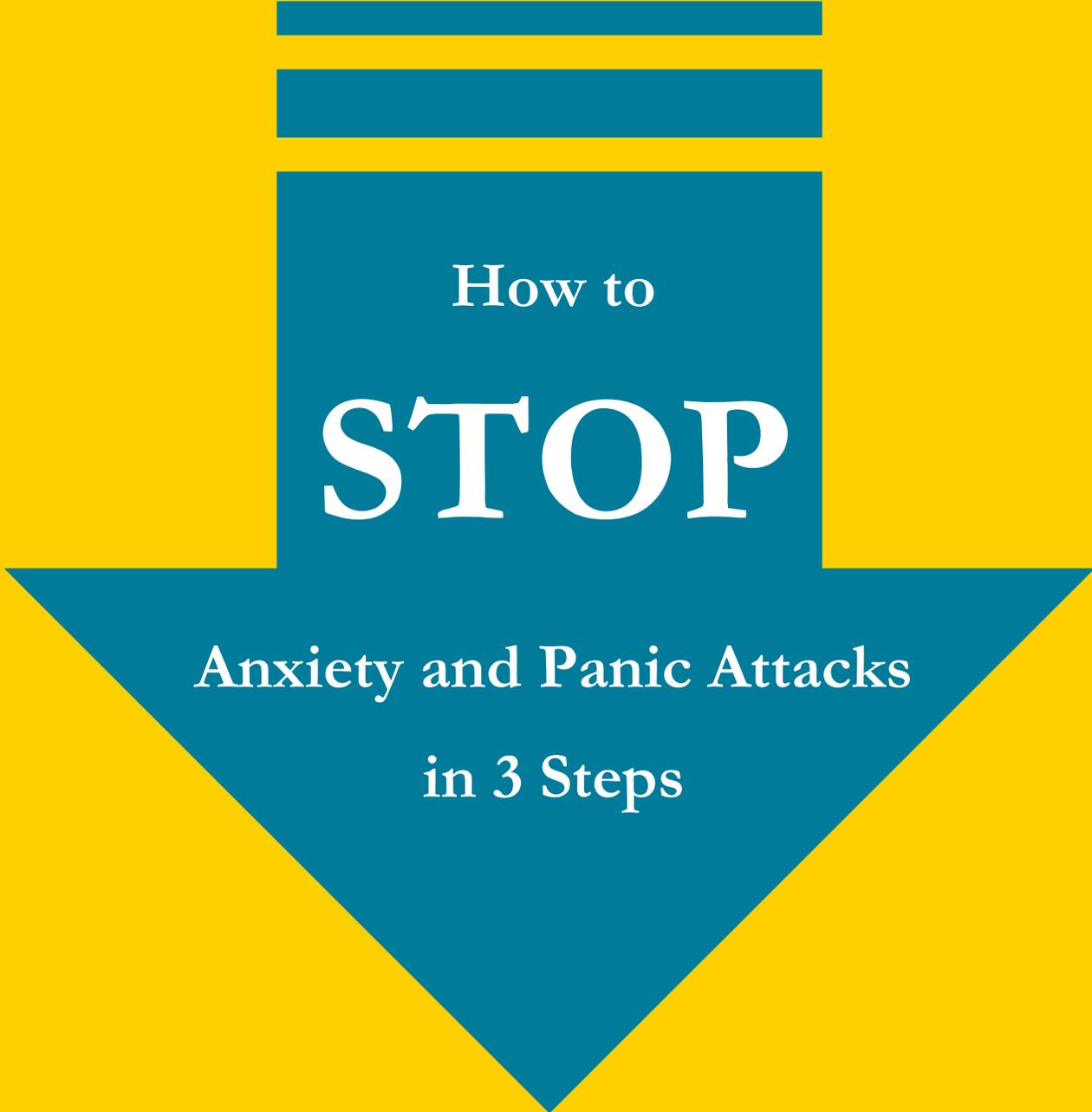
Some people can identify that they are having an anxiety or panic attack because of their thoughts. But most of the time, people are consciously unaware of their thought process and feel that anxiety is an unpredictable phenomenon that can strike at any moment. Not knowing the cause adds to the state of fear and makes anxiety symptoms worse.

When you realize that it is your thoughts that trigger anxiety or panic attacks, then you can *do* something about it!

But in order to *truly* get better, you need to comprehend fully that there is no anxiety mystery. You are the one who **manufactures your anxiety**. Which means you can choose to control it and no longer be stuck being a victim!

You **can stop** your anxiety and panic attacks using a special set of techniques. They will optimize your thought process and change the neurochemical composition of the body without medication, giving you a more reliable and effective method of stopping anxiety without side effects.

Some anxiety is caused by food intake or hormonal imbalance, or even by physical or physiological changes in the body. You can still use these techniques with this type of anxiety because your mind is incredibly powerful. Your mind can adjust your body to new circumstances and to a large extent, take control of its responses.



How to
STOP

Anxiety and Panic Attacks
in 3 Steps



FIRST STEP

It will take only **a couple of seconds** to do this step after you read and practice it.

The first step is to change your thoughts. This step constitutes a minimum of 50 percent, if not all, of your success in stopping anxiety and panic attacks. More than forty years of my colleagues' and my observations allowed us to understand how anxiety and panic attacks happen. Just before anxiety and panic attacks, you imagine (or remember from a previous experience) that something bad is going to happen. When you do this, your body goes into fear mode to protect you and releases the stress hormone cortisol to help you defend yourself.

Our unconscious does not understand the difference between imaginary and real events. We can scare ourselves with *imagined* pictures and movies in our heads. You've experienced that, right? How many times have you thought about a scary situation and felt uncomfortable and even scared? Your vivid imagination has the ability and power to create the same response a real event would and, therefore, releases stress and anxiety-causing hormones into your bloodstream to bring on symptoms of anxiety. Since our imagination can create infinite possibilities, it is much more influential on our state of being than reality.

When we imagine all the bad things that might happen, we send our body into an anxiety or panic attack. Or when we remember our past episodes of anxiety and we focus on the images of those memories, they become our mind's "GPS destination" and act as a self-fulfilling prophecy.

Here's what can help you have your breakthrough. Instead of imagining or remembering bad things, start thinking about how you want to act and how you want to feel in that upcoming situation. If you are not aware of your thought process, **then it is time to be**. Pay attention to what you think and what kind of pictures and movies you create in your mind. Then, change that powerful picture or movie into what you want.

Your first step to getting closer to personal freedom is to choose to think about how you want to act and feel. *Personal freedom* is defined by Dr. Richard Bandler (co-creator of NLP) as the freedom to act or feel the way you want in any given situation. As soon as your mind has the right destination inputted, there is no need for the anxiety to stay, and it will be easier to stop with the following steps.

"I want this panic attack to stop!" or "I do not want this panic attack!" or "I am not going to have panic attacks!" or "I want less anxiety!" are common thoughts in attempts to stop anxiety and panic attacks. What pictures do you create in your mind with these thoughts? Do you see how they cause you to go into a panic attack? Pay attention: the words *stop*, *do not*, *am not*, and *less* in these sentences do not have the intended effect on the pictures in your mind. Our mind is very literal under stress, pain, time pressure, anger and anxiety: it does not process negation, or processes it with a great delay, so it is too late. These pictures of you having anxiety **manufacture your anxiety!**

However, you swiftly get positive results when you change those pictures of not having anxiety into different ones where you see yourself as calm and having fun. It is much better to say, “I want to calm down!” or “How can I make myself calm and even joyful?” or “I am going to be calm and focused.”

These sentences with the right pictures help your powerful imagination keep you calm and even joyful during “scary” situations. These pictures **manufacture relaxation!** This effect is even greater when you add another picture to your mind: see yourself enjoying the end of the event and proud of yourself because everything went the way you wanted.

So by thinking different thoughts with attached images, we can change the hormonal composition in our body and therefore feel differently.



It is not easy to pivot your thinking during the attack. You can use a breathing technique from the second step to calm down and then change the picture in your mind. Experiment with steps to find out what sequence of steps works the best for you. You can prevent the attack if ahead of time you vividly imagine how you **want** to feel and act in the upcoming event. Just remember to replace the thoughts of “no panic” and “no anxiety” with “calm”!



The **SECOND STEP** will take **10–15 seconds** to do.

After you change your thoughts into what you want, you need to pay attention to your breathing. Breathing has a very profound impact on the way we feel because it can easily change the neurochemical “cocktail” in our body to make us feel differently. Most of the time during an anxiety or panic attack, we breathe faster than usual, and that change in breathing changes our body’s neurochemical composition by releasing stress hormones to help us cope with the alarming situation. When the alarming situation is an imaginary one and there are no actions to stop the process, that stuck state feels like anxiety.

You can get the process under control by slowing your breathing down to a normal rate. The following exercises can help you relax and achieve that normal breathing rate faster two ways: (1) they switch our brains from the emotional part to the rational thinking part, and (2) they change us from fight-flight-freeze mode to its opposite: *relaxation mode*. In a relaxed state, you can think about how you want to feel.

Here is the simple three-step breathing technique that I modified from celebrity doctor Dr. Andrew Weil’s Relaxing Breath exercise:

- *Look left*, inhale through your nose and mentally count **backward** from 6.
- Hold your breath, *look straight*, count **backward** from 7.
- *Look right*, exhale completely through your mouth, count **backward** from 8.

While looking left, straight, or right, you can either turn your head or keep it still and move only your eyes, whatever is comfortable for you.

Repeat until you are calm enough to do the next step, if needed. Most of the time it takes one to four rounds of this type of breathing to start calming down.

The **THIRD STEP** can take **5 seconds** or more.

During the third step, we use two different techniques to change your state:

a) A brisk walk or intense movement of your body, like jumping or moving your arms, increases your heartbeat. When your heartbeat goes up, your body releases endorphins, adrenaline, serotonin, and dopamine into your bloodstream and changes the whole biochemical makeup of your body. These hormones all work together to relax you emotionally and make you feel good.

b) While walking or jumping, you can relax even more by adding a wide smile. Alternate between smiling and relaxing your face muscles several times. When we smile, the same happy hormones, dopamine, endorphins, and serotonin, are released into the blood as well. These hormones not only relax your body, but also can lower your involuntary heart rate and blood pressure.

Why does it happen? Those glands that manufacture happy hormones are located next to the gland that regulates smile muscles. When you are happy, for some reason, you cannot help but smile. This process works in the opposite direction as well. So when the corners of your lips go upward, you cannot help but produce happy hormones and feel good.

We think we are so sophisticated, but most of the time our body acts pretty mechanically. If there is no reason to smile and you fake your smile, you will feel good for no reason! As Dr. Richard Bandler used to say, “The majority of people feel bad for no reason, why not feel good for no reason?”

You can use these three steps in any order: whatever works best for you!

How to **END** Anxiety and Panic Attacks for Good

I can promise you that after doing these steps, you will have a better understanding of how you contribute to manufacturing your anxiety and panic attacks. Fortunately, for some people, these three steps are enough to stop and prevent anxiety and panic attacks because our brain has an amazing capability to generalize and apply new knowledge to new situations. Moreover, it can transform this new knowledge into skills that are automatic and habitual.

These three steps help most people stop anxiety and panic attacks on a daily basis. If the three steps from this e-book not only stop your anxiety attacks but also **prevent them**, congratulations! That means the anxiety wasn't a deeply ingrained habit yet and you set yourself free simply by adjusting your mind's "destination." Directing the focus of your attention to the right image is one of the key steps in preventing anxiety.

However, if after using the three steps several times you do not observe any decrease in the frequency, duration, or intensity of your anxiety, then it is a good idea to consider reprogramming that habit of thinking with negation and manufacturing anxiety. In my experience, you just need to learn additional techniques to put a stop to these habits **once and for all**.

My practice shows that the written instructions, techniques, and guidance are not enough for the majority of people. Most people get fast results when I teach directly and adjust my system to your unique thought process and behavioral patterns.

If after reading and using these three steps you feel that you need my help, I invite you to call me and have a fifteen-minute complimentary chat. I will learn about your unique situation and find out how comfortable you are with my methods. If we are a great fit and you are ready to free yourself from anxiety

fast, I will invite you to schedule a low-cost (\$97), 60-minute Emotional Reboot Assessment Session.

The tools I use to assess your unique situation and find customized solutions are the same tools that start the process of ending anxiety and panic attacks. The assessment alone will bring you closer to ending the debilitating habit of anxiety and panic attacks you learned. Allow me to repeat, whatever is learned can be unlearned—and you can unlearn anxiety and panic attacks very quickly. The average time it takes people to enjoy relief with the **Free from Anxiety Program** is 4–6 weeks.

Before we meet for the assessment session, I will send you a simple intake form to fill out and send back to me by email or snail mail. Having this form *before* the assessment session gives me time to *analyze* and *better prepare* for our session together, which saves us a lot of time! I designed the intake form in such a way that it also starts your *liberation* from anxiety toward personal freedom.

EMOTIONAL REBOOT ASSESSMENT SESSION

During this assessment session, I will focus on 3 main areas:

1. I will gather information about your anxiety causes and observe your conscious and unconscious responses to it.
2. Together, we will find out how you want to feel and act instead of having anxiety and/or panic attacks. Many people either forget or cannot even imagine how it feels to live without anxiety and have the freedom to do whatever they want.
3. I'll run specific behavior alignment tests to find out how you respond to my technologies and what kind of support you need. These techniques clarify the cause and enable me to provide useful strategies and customized solutions. I will describe how the process will go for you, how many sessions it will take, and what your investment will be. Then you will receive answers to all your questions and decide if you want to start the **Free from Anxiety Program**. I offer this program as individual or group sessions.

Click TO SCHEDULE YOUR EMOTIONAL REBOOT ASSESSMENT SESSION

I look forward to meeting you and learning all about your challenges and, more importantly, your goals. I would love to equip you with the best scientifically proven thinking and behavior skills that will enable you to end your anxiety and panic attacks quickly. With these skills, you can update and upgrade your self-management tools and regain your personal freedom to act and feel the way you want in any given situation.

Remember, every moment of our life matters! Isn't it better to spend your time enjoying your life? Why wait if you can do it now?

All my best,

Viktoria



For more information, you can visit www.Live-in-Harmony.com.



About the Author

Viktoria Ter-Nikoghosyan PhD, is an acclaimed international personal and professional development consultant/coach and author. She has helped thousands of high-level executives and professionals in more than twenty-three countries unleash their potential, boost their innovation and creativity, and get results in a fast, easy way while enjoying their work and personal life.

Viktoria was blessed to learn from Dr. Richard Bandler how to leave behind emotional issues and feel good and be happy for absolutely no reason. His genius work and her own research and discoveries helped Viktoria bring lasting and dramatic change not only to her life but also to her family, friends, and thousands of clients and students. She credits her success with clients to the fact that, because of her background, she understands how to naturally change your biochemistry to influence your emotions, behavior, performance, and health.

Before becoming involved in executive and soft skills coaching for the last fifteen years, Viktoria had several successful and lucrative careers that led her from a PhD in biophysics to being an international consultant on organizational development and serving as a consultant to the United Nations. In addition to thirteen years of pure academic experience, she also has twenty years of combined research, leadership, advising, consulting, and training experience in different fields.

Viktoria has provided her services in three languages (English, Russian, and Armenian) to diverse organizations and individuals, such as United Nations officials, company executives, business teams, high-ranking public officials, lead opera singers, musicians, athletes, and scientists in several countries. They all have made dramatic changes to their lives.

She also does pro bono work at women's shelters training psychologists how to help victims of abuse and domestic violence effectively. This entails teaching them to manage emotions and stress and learn emotional intelligence skills to protect themselves and move on in their lives.

Viktoria is a mother of three happy and successful children. She loves reading, designing her own clothes and jewelry, and laughing and having fun with family and friends.

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