

7. I'm afraid to change and then fall back again

When you've made changes in the past that didn't stick long-term, you may have built up fear of improving and then falling back again.

When you've made improvement, but you fell back after, it's common to start losing hope. And too fear getting started and making progress, because what if you fall back again?

The disappointment was painful before, and you might be afraid to get your hopes up.

While this is all understandable, this time things are different.

Back then what you tried didn't take into account that you were fighting your resistance. It's to be expected to fall back when you try to power through resistance.

This time, things will be different because you will be addressing any resistance that comes up.

You'll be working with your subconscious mind so that you have subconscious agreement with your wish of being anxiety-free.

The following thought sequence may be helpful for you. I start out where you may be currently at with your thinking, and I help guide your thoughts to a more realistic, positive statement regarding change:

I'm afraid I'll make some progress but then fall back again

I probably can't keep up with it

I can't be consistent with it

It's too demanding

Well in the past it was too demanding

In the past I couldn't keep up with it and fell back

Luckily the past doesn't equal the future

And this time I'm using a different approach

There were reasons for why I didn't succeed last time

It was really hard and I couldn't keep up with it

Maybe this is different

I'm willing to consider that this doesn't have to be that hard

I can commit to 30min a day

Feeling more confident within one month is worth the 30min a day for me

And I learn about my mind and what's going on as I go along

And as things progress and I notice resistance, I have a solution in the system

I can move past any resistance this time

In the past I had no solution other than trying harder (and feeling more resistance as a result)

Now it's different

When I notice resistance, I have easy exercises to move past the resistance

I love knowing I can work through challenges as they come up this time

I don't have to do it all at once

I might plateau at some point, but as I choose to keep going I *keep progressing*

There are solutions for whatever comes up for me

While it won't be an instant-fix

Change can be easy for me this time

I can do this

I feel excited about moving forward today