

# The Anxiety Game

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*The Trick Anxiety Plays On You And How To  
Change The Rules*

**By Rich Presta**

**Author of The Panic Puzzle and Driving Fear Programs**

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The Driving Fear Program is one of the most respected programs available for quickly overcoming anxiety while driving. It's 100% guaranteed, and has been used successfully by individuals and clinicians worldwide.

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*"The other day I had the choice to take the freeway back home or city streets and I choose the freeway almost without thinking about it! It was bumper to bumper traffic and guess what? I felt NOTHING and did it with no problem."*

**Pam Hilde Antioch, California**



To overcome anxiety or panic attacks, [click here](#):

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[Read more about the Panic Puzzle Program by clicking here.](#)

*"I just finished your program and have to say it's the best I've seen on the market! I really liked your techniques and want to congratulate you on a great product for anxiety and panic."*

**Melanie Crouse**

**[www.naturalalternative.blogspot.com](http://www.naturalalternative.blogspot.com)**

*The Anxiety Game*

I was walking through my local bookstore the other day; you know the one, with the coffee shop, 125,456 magazines to choose from, and an elevator to get to the fiction section....

I was cruising through the self-improvement aisle; it was only about as long as the cereal aisle where I get my groceries. About halfway through, I stopped an associate to see if I had crossed any time zones from one side of the never ending aisle to the other, had a swig of water from my canteen I brought with me, and continued on my way.

I wanted to see if anything interesting had come out on anxiety, panic attacks, or phobias.

I was looking everything over, and you know what word was on almost all of them? I'll tell you, it kept jumping off the covers and poking me in the eye...

# Relax

Here's just a teensy sample of what I saw:

"The Relaxation Response"

"1,001 Ways to Relax"

"Learn to Relax"

*The Anxiety Game*

“Relax and Renew”

“Simply Relax”

“365 Ways to Relax”

Well that seems obvious enough doesn't it?

I mean, when you're anxious or having a panic attack, you should relax, right?

Any dope knows that.

Ummm....maybe not.

Maybe relaxing is the LAST thing you should be doing.

I can hear you now...

“WHAT?? What do you mean don't relax! Good grief, I just learned 1,001 ways to relax and now you're telling me to ignore them? What will I do with all this bubble bath?”

Don't worry, you can still get all sudsy in your bubble bath and burn the incense, but let me step back a minute and explain some things about anxiety.

Let's break down what happens when you get anxious and how it becomes a problem. See, being anxious isn't a problem at all. No really, it's not. Everybody gets anxious sometimes. It's how you respond to that anxiety that determines whether or not you have trouble.

When most people get anxious, they feel the tingles in their belly, rapid heartbeat, maybe some lightheadedness too. But that's where it ends. They say to themselves, “Boy, this sucks, but it's just anxiety, I know what it is.”

*The Anxiety Game*

What do you do?

Well if you have a problem with anxiety or panic, you feel that same little twinge of anxiety that the other guy feels, but then what do you say to yourself?

“Oh my God. What’s that? Is that going to get worse? Will it go away or is this permanent? If I can’t control THAT feeling what else will I lose control over? My mind? My body?”

And then, surprise, surprise, you feel worse and more anxious. The cycle repeats itself until you’re in a panic attack.

Something like that, right?

The anxiety was the same. It was how you responded to it that was different, started the cycle, and made the difference.

So now that you’ve started this cycle off, what’s the next thing you say to yourself?

“I HAVE to relax RIGHT NOW. This CAN’T continue. I’ve GOT to get a hold of myself. Oh please God help me, make this go AWAY. I just need to RELAX right this minute.”

How’s that worked for you so far?

Pretty lousy right?

See, I don’t think you need 1,001 ways to relax. I don’t think you need 1. I don’t think that works when you’re anxious, and bubble bath isn’t going to stop a panic attack my friend.

Know what I think you need to do when you feel anxious?

Be anxious.

Really. Just let yourself be anxious. Don't fight it or try to stop it.

Let's look at it again. Where do we get in trouble? Right! When we REACT to the initial physical feelings of anxiety. Then we scare ourselves half to death about them instead of just letting them be what they are.

So if you don't fight them, that cycle never gets started. The anxiety never gets beyond that initial little tickly in your belly or slightly faster heartbeat, and it goes away in a relatively short period of time.

When you say that you MUST relax THIS INSTANT, you're trying to force yourself to relax, to command it, which isn't going to work. Have to ever tried to force yourself to sleep? Squeeze your eyes really hard together and yelled inside your head "Sleep Now Dammit!"

Not too peaceful.

As a matter of fact, if you insomnia, it's recommended that if you can't sleep you take a break and go watch TV or something so you don't "try" to sleep. Then when you've ceased "trying", you'll find you drift right off.

Same concept. You can't relax by trying or forcing yourself.

I know it may be hard to believe me right now, but the next time you feel anxious, if you can just let it be there, allow yourself to be anxious, you'll find it doesn't escalate the way it typically does, and that it lasts not near as long.

Now this doesn't mean that you should never relax, far from it, break out that bubble bath.

It just means that you shouldn't force yourself to relax, and that the time to relax is BEFORE you get anxious, not during. If you get good at relaxing, you can prevent that uncomfortable anxiety from coming around in the first place, and that's ideal. But once it's decided to show up, let it be.

### **About the Author**

*Rich Presta is the author of [The Driving Fear Program](#) and [The Panic Puzzle](#), two of the leading self help resources for anxiety available. They are both step by step, comprehensive programs for eliminating your fears, anxiety, and panic attacks, in use by clinicians and individuals worldwide. They are backed by a 100% Money Back Satisfaction Guarantee, so you have nothing to lose, and a whole new life to gain.*

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