



ANXIETY SOS

A meditation, a tapping technique + a goodbye formula

AMY ♥ GARNER



The Goodbye Formula

Rate these statements between 1 (= not true) to 10 (= very true)

1. I enjoy my work _____
2. I feel in control of my life _____
3. My work environment is laid back and happy _____
4. I always make sure I get plenty of downtime each week _____
5. My birth family supports me to be true to myself _____
6. My friends help me feel relaxed, loved and accepted _____
7. The property where I live is calm and peaceful inside _____
8. I can switch off easily _____
9. I spend time in nature at least once a week _____
10. I have good friends or family members who I can talk to about anything _____
11. The environment I grew up in was relaxing, secure and supportive _____
12. I find it easy to forgive myself when I am not perfect _____
13. I look after myself (self-care), reward myself and relax every day _____
14. I express my needs and expectations clearly and appropriately _____
15. I communicate when someone else's behaviour affects me _____
16. I maintain good boundaries (physical, energetic, emotional, material, professional) _____
17. I learnt how to relax from my parents _____
18. I say no when I want to, even if it disappoints others _____
19. I believe the world is a safe place where people are fundamentally good _____
20. I feel, understand and accept the full range of my emotions, even 'negative' ones like sadness, loneliness or hurt. _____

