



*Auntie Anxiety*  
YOUR ANTI-ANXIETY ALLY

# Who's Driving Your Car?

*Thanks so much for allowing me to assist you in this  
**Anxiety Journey!***

My name is Lynn Dutrow, but you can call me **Auntie Anxiety!** I am a coach and a licensed counselor and my passion is to assist people in learning to deal with their Anxiety by turning **Fear into Freedom, Worry into Wisdom, and Self-Doubt into Self-Confidence.**

In all of the years of working with Anxious clients including folks with Panic, Generalized Anxiety, Phobias, OCD, and just plain Chronic Worry, here's one thing (among many) that I have noticed:

**ANXIETY TRICKS PEOPLE INTO LETTING  
IT DRIVE THEIR CAR!**



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Yep, Anxiety gets in there and whispers sweet nothings or, perhaps screams and hollers (picture a two year old throwin' a big ol' hissy fit) and somehow convinces people that it knows what it is doing and slides right on in behind the wheel of the driver's seat. Here's the problem:

## **Anxiety is a Big Fat Liar!**

You know why? Because it does not actually have a driver's license! That's right, if Anxiety is driving your car (or your family's car if there is an anxious child involved) then you are careening around on this journey with an unlicensed driver at the wheel!

**SO, HOW DO YOU FIND YOUR INNER MARIO  
ANDRETTI AND GET BACK IN YOUR  
DRIVER'S SEAT?**



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## FIRST WE CHANGE OUT YOUR WORRY WHEELS FOR WISDOM WHEELS AND THEN GET YOU ALIGNED!

Getting **ALIGNED** will get Anxiety out of the driver's seat and into the backseat where it belongs! It is in the backseat that Anxiety is allowed to hang out and is only to speak to you if there is, in fact, actual danger about to occur! Anxiety will come up with all kinds of ways to get you to turn left instead of right, stop when the light is clearly green, and will bug the shit out of you to change the song that is playing on the radio. When you are ALIGNED it is much easier to recognize Anxiety for the Trickster that it is and to say:

**"No Thanks, I GOT THIS"!**



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So how does one go about getting **ALIGNED** with their **ANXIETY**? I'm so glad that you asked!

## **ALIGNED** stands for:

**A**ccept

**L**earn (and Lean In)

**I**gnite

**G**o (Get Out There)

**N**o Excuses

**E**mbrace It

**D**eal

Read on to see how each of these steps brings you closer to being **ALIGNED** with your **ANXIETY** so that it can stop being your **ENEMY** and Start being your **ALLY!**



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# Accept

We start with Acceptance because this is the Key to working with Anxiety. Remember that the goal is to get Anxiety to work with you rather than against you. We are going for Ally rather than Enemy! Accepting Anxiety as a part of your life rather than doing everything you can to resist or avoid it, is the first step in getting ALIGNED! So...

**Accept** that Anxiety is a social awkward, pain in the ass, lying bully! Also **Accept** that it is along for the ride whether you like it or not....AND **Accept** that YOU have the power to **CHANGE** your relationship with Anxiety.



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# Learn & Lean

**Learn** about how Anxiety works and then **Lean** into the uncomfortable thoughts and feelings (yeah, I know, everyone hates this little piece of the puzzle) - here's the thing, though, Anxiety has convinced you that your thoughts and feelings are **FACTS**.

If you believe this then please go back and review step #1 because **Anxiety is lying to you**.

**Your thoughts and feelings are not facts!** They are sometimes signals (which you can take action on), but oftentimes (especially if Anxiety is behind them) they are simply noise and are to be ignored.



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# Ignite

**Ignite** your passion and find your purpose! Anxiety got it's start back in a time when we were in survival mode (you know, like when Sabertooth Tigers wanted you to be their dinner) and it has struggled a bit to figure out where it fits in now that we live in a time where most of us are not in survival mode nearly as often as we used to be.

**Our bodies and minds are built for problem solving and purpose.**

Wanna know the best way to get Anxiety on your side? Find your passion and purpose and then give Anxiety a real job so that it stops making shit up!



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# GO

(Get out there and take action!)

**Stop avoiding!**

Anxiety wants you to make it's job easier by keeping your world small. It is like a Border Collie herding sheep. Keeping the sheep closer together in one spot makes it's job of protecting the sheep easier. **Don't be a Sheep to your Anxiety!** Keeping your world small only makes Anxiety's job easier, it does not allow you to actually **Live!** We are not given this one precious life to play it safe. **We are given this one precious life to LIVE it!** Don't let Anxiety keep you from living.



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# No Excuses

Anxiety will hand you a list of reasons to not do whatever it is you want to do, and that list will go on for days. Guess what?

You may never **FEEL** like taking action, but the only way to actually **LIVE** is to make yourself **DO IT ANYWAY!** You are welcome to listen to the excuses (you are much more polite than your Anxiety who tends to yammer on endlessly without listening), BUT (refer to #4) **GET OUT THERE AND DO IT ANYWAY!**

Does Anxiety play the "What If...?" Game with you? Then get better than Anxiety at playing the game. Next time Anxiety goads you with "What if...?" you reply, **"SO WHAT!"** The "What If...?" Game with **ALWAYS** lead you down a rabbit hole and the hole is endless and pointless and keeps you from **Living**.



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# Embrace It

What the fuck does that mean? It means **STOP RESISTING!** Up to now you have been in a power struggle with your anxiety. Your car is careening all over the place or you are sitting on the side of the road arguing about who is driving or where you are going.

**STOP RESISTING YOUR ANXIETY!**

Your are not going to get rid of it (if you are having a hard time with this, please refer back to #1), it's time to get your Anxiety to work **WITH YOU** rather than against you. Embracing your anxiety (yep, give it a big ol' Bear Hug!) allows the two of you to work together.

Anxiety is not your ENEMY,

**It is your ALLY!**



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# Deal with It

Yep, that's right, it's time to learn to Deal with It.

*Reassurance* doesn't work, *Avoidance* doesn't work, *Sheer Terror* doesn't work, so **DEAL WITH IT!** Figure out how Anxiety is your **Super Power!**

You are observant, you think things through, you have a shit ton of impulse control....and you have great ideas that are yours to share with the world. It's time to figure this out and get your Anxiety out of your Driver's Seat and into the backseat so you can continue on this journey called Life!

Anxiety can be your Ally....from the Backseat!

It's time to get **ALIGNED** and get back on the road to all of the wonderful things you are going to do with this one

**AWESOME LIFE** that you are here to **LIVE!**



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So, are you ready to make a **Pit Stop** to change out your *Worry Wheels* for *Wisdom Wheels* and then get them **ALIGNED?**

If Getting **ALIGNED** still seems a bit daunting,  
**Auntie Anxiety is Ready to Assist You in getting  
ALIGNED and back on the road to success in life!**

You can contact us at [ask@auntieanxiety.com](mailto:ask@auntieanxiety.com) or through the website [www.auntieanxiety.com](http://www.auntieanxiety.com) to make an appointment or to ask questions to see if Auntie Anxiety might be your next **Crew Chief!**