



Anxiety is one emotion I have failed to deal with. I think it has a lot of power over me.

With Anupa, I came to know that like any other emotion; anxiety too can change into another emotion like happiness, sadness, fear or any of the gamut of emotions. It is only a matter of changing the way you look at it. For me, the habit of imagining the worst in situations causes anxiety.

### **Session 1**

#### **Externalising anxiety**

We began our journey by visualising a boat in the sea, and how we view anxiety along with us on the journey



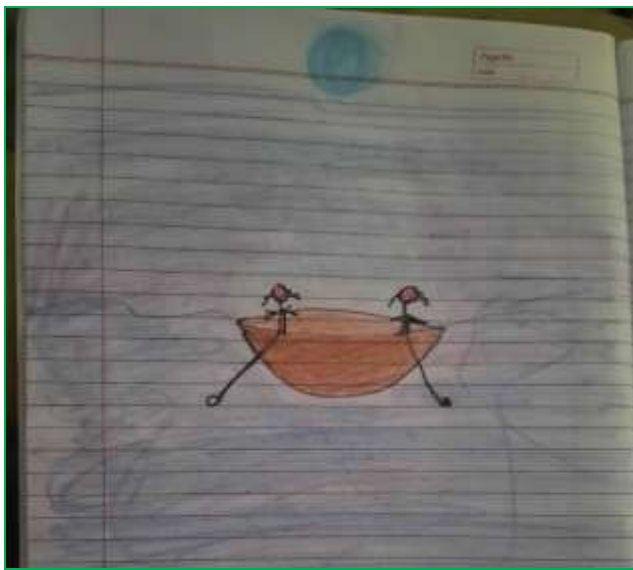
*I am rowing the brown wooden boat on the way to find my treasure in the sea. Anxiety, a lady, is my fellow passenger and shakes the boat from time to time, as she loves to see how irritated and worked up I get with this action of hers.*

Externalising anxiety has helped in how I deal with it. At first it felt like an inseparable part of me – but after the exercise it feels like I don't lose control of my life even when I am feeling anxious.

## **Session 2**

### **Traveling with anxiety**

#### **Making friends with anxiety, were it to a fellow passenger on our journey**



*I am rowing the boat and anxiety is sitting alongside (personified as a female; I don't want to name her). She also holds a pair of oars, but shakes the boat violently, to see my reaction – as I become disturbed and upset. It is twilight and there are mountains in the distance. I am travelling towards my treasure.*

Listing down the activities that do not cause any anxiety in me was a great exercise, something that I had done in the past, but with some major changes in life I had forgotten. These activities are my toolkit whenever I don't know how I can handle anxious thought; I try to do things that make me happy, and anxiety become more manageable.

## **Session 3**

### **Re-Membering our Club of Life**



Another exercise we did was re-remembering our club of life. By identifying which are the important members/people in our club of life, I understood why some people in my family and some friends are important in my life.

#### **Session 4**

**Externalising anxiety again, is it still as powerful?**

**Ways in which we began to handle anxiety, from where we started in Session 1.**



*Going from Gateway of India to some island for exploration requires 3-4 hours of rowing. I am excited.*

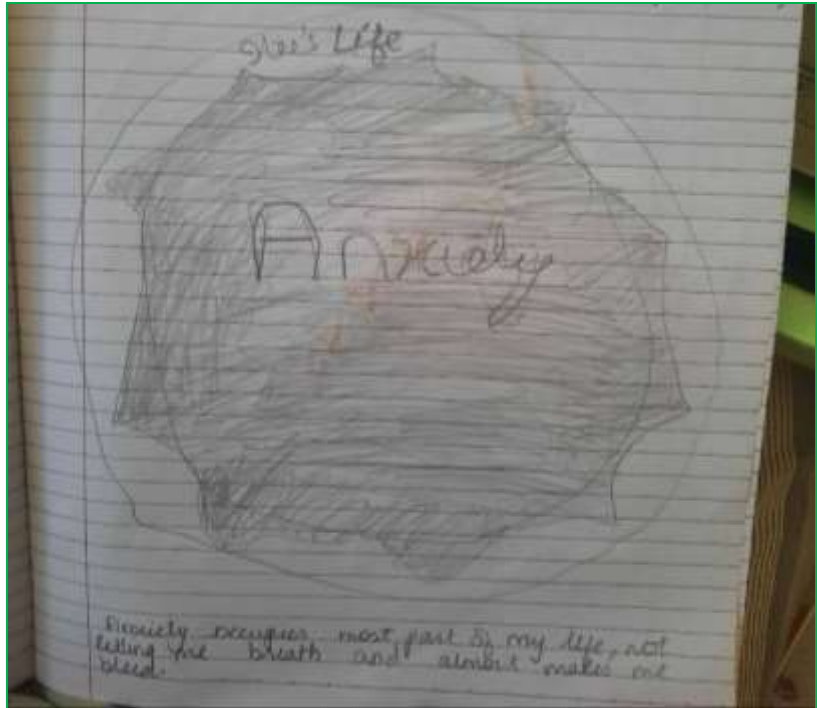
*The journey allowed me to adjust my lens to handle my emotions.*

We then again externalised anxiety to see how I view it now. This time I was excited about taking this journey on a boat, unlike at the start of these sessions. I visualised that the journey is to an island which is full of fruit bearing trees and is very pleasant to look at. I used my strengths of faith, positivity, focus and awareness during this trip.

### **Session 5**

***Can I change anxiety's control in my life?***

***Visualizing anxiety's power diminishing over our lives***



In the next session, we tried to understand anxiety's control on my life. It felt like anxiety has had the biggest control over my life.



But then by putting together the tools and skills I learned in the sessions I was able to burn away anxiety's control over my life, regaining control over my own life.

### **Session 6**

#### **Travelling together**



*Both of us are travelling together in an amphi-car (a mix of boat and car) on a windy winter morning across the deep blue sea to a mountain top to witness the rising sun. It is a beautiful morning.*

The last session was me travelling with my member from the group. This journey however did not have the presence of anxiety at all, it was just us two travelling to a place of our choice. We choose to travel in an amphicar – a mixture of a car and a boat; our journey didn't just end at the shore, we were going to travel to the mountain top to witness the sun rise. Our amphicar was filled with everything we required and we both complemented each other in terms of our strengths and skills to ensure that the journey is smooth and memorable.

This journey is symbolic of how I can use my skills and strengths to ensure that my life journey is smooth and memorable enough though it can be bumpy at times, but I already have the skills to manage my emotions.