



The helpers tent

WORKING
Through
ANXIETY

**BECOME
YOUR OWN
ANXIETY HEALER
AND HELP OTHERS HEAL**

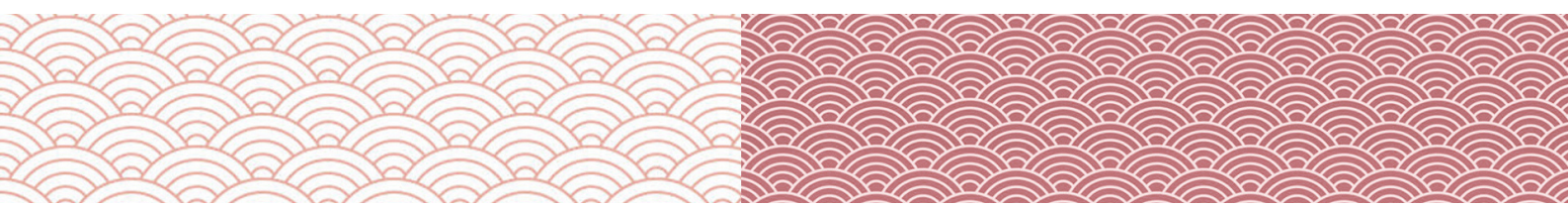
with Andrea Gonzalez

*Masterclass
Companion book*



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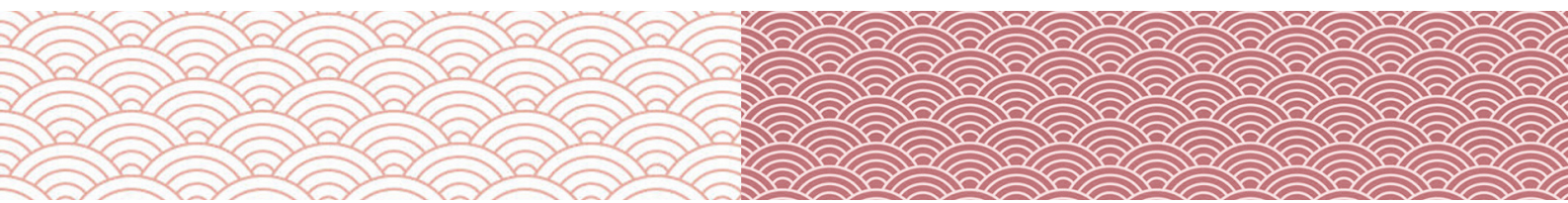




WELCOME TO YOUR MASTERCLASS WORKBOOK

5 Tips to Get the most out of this Masterclass

1. Print this companion book before the Masterclass so you can take notes as you listen. You can also download and type directly in the workbook to save paper.
2. This companion book summarizes all the main teachings of the Masterclass so you have them at hand, and you can best set aside private time before, during, and after the Masterclass to take extra notes or fill out the exercise.
3. You can pause the Masterclass video to take notes or fill in the blanks by clicking on the video screen.
4. The content is delivered in 4 different videos so you can digest the content better and at convenient times. Make sure you set aside some alone time to write and really be present for it. Check how quickly you can implement the concepts revealed in this session to start shifting your anxious mindset.
5. During the Masterclass, use the dedicated space on the right column to write down ALL interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.





PREPARATION FOR THIS MASTERCLASS

- This Masterclass will be best experienced in a quiet place where nothing can distract you.
- Be in a comfortable space where you can take notes and be fully present during the class.
- Before starting, take a deep breath. Pretend you are a noodle going into boiling water. Breathing deeply and relaxing your muscles allows you to be fully present and out of the sympathetic nervous system. You won't need to activate it during class :)
- Try to start with a beginner's mind so you can be open to the learnings you are about to receive.





DIVING DEEP INTO THE MASTERCLASS

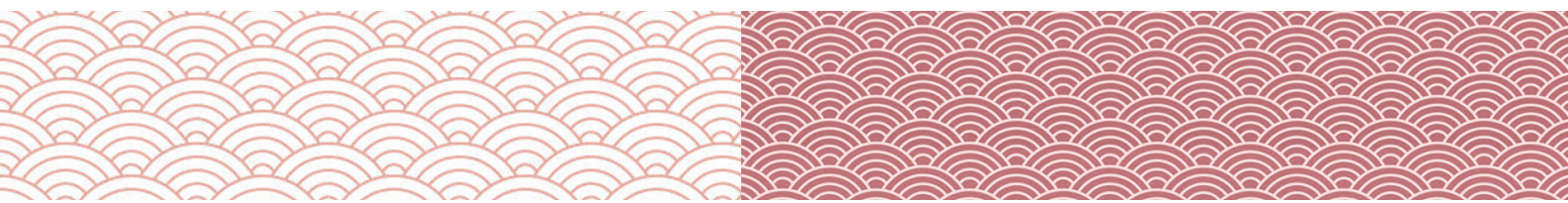
Follow along with the Masterclass and be aware of your resistance to the new concepts -or maybe they are not so new, write that down too-. You can pause the video to write down your notes.

Click on the video to pause. But pay attention, because you cannot rewind! Fill in a summary of your takeaways on these fundamental questions about anxiety, they are the fundamental pillars for a helper that wants to be anxiety informed.

My new definition about what anxiety really is.

After watching do you think anxiety is something that requires to be "cured"?

What is really causing the anxious mindset?



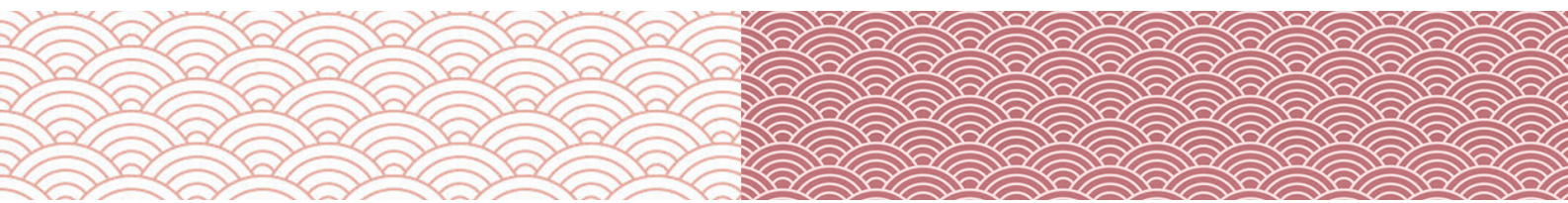


DIVING DEEP INTO THE MASTERCLASS

How can the anxious mindset start to shift?

Did any of the 10 main programs on the anxious mindset resonate with you? Which ones? Start making a plan to shift them.

Why do you think anxiety has become the pandemic of the Century?





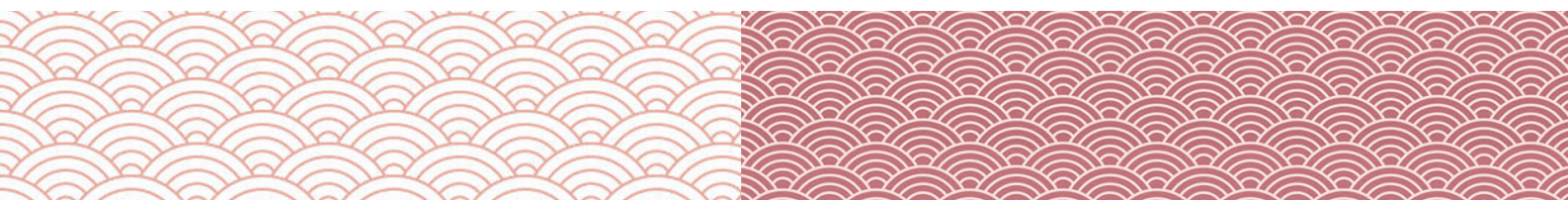
REFLECTION FOR AWARENESS

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself...

How or where did you learn the anxious mindset, is there a pattern in your family around it?

Are your decisions -and overall life- based on an anxious mindset?

Do you think you have been passing on this mindset to your kids or basing your relationships on this particular mindset, so much so, that you feel stuck in patterns because of it?





REFLECTION FOR AWARENESS

What physical responses does your body usually have when you are in this mindset?

How do you feel after this Masterclass? What are your biggest takeaways or what shifted in your awareness about what anxiety really is?

Thank you for joining this Masterclass!!

If you want to be an Anxiety Informed Coach or Therapist, join me for a 4 week module journey to help your clients experience anxiety in a different way and stop this pandemic together!

