**ECM Anxiety Technique & Script**

Anxiety is one of the only future-based emotions. Anger, sadness, resentment, guilt, and grief are all emotions that are felt in the present but are rooted to events in the past. Whereas anxiety is something that is felt now and is rooted in a concern about the future. The ECM anxiety technique uses the timeline to re-associate the connection to the thing or future concern that is causing the client anxiety. We move forward on the timeline beyond the future concern and experience it in the past. Often this will dissolve the anxiety.

SCRIPT:

When I ask you a question either nod your head or answer out loud by telling me either "yes" or "I am there." Can you do that? (Wait for a yes or a head nod in agreement before you continue) Perfect, so let’s take a few deep relaxed breaths.

Go ahead and close your eyes. As you are sitting with your eyes closed, notice the sounds of the room. You might even hear sounds from outside. You are hearing the sounds of everything around you. Just give yourself permission to relax. Just relax and be. There is nothing for you to do here.

Emotional Clearing Method techniques such as this one is an unconscious process. So give yourself permission to consciously check out. Whatever happens or doesn’t happen, whatever you unconsciously experience or don’t, it is totally fine. You might see something visually or you might get a sense or a feeling. Whatever you experience it is completely fine.

Ask your unconscious mind if we have permission to integrate any learnings and lessons needed in order to fully heal, resolve and release anything today that is causing anxiety and to be consciously aware of that healing, if it serves your highest good. Do we have permission? (Permission – only continue if answer is yes)

Begin moving your attention to your breath. Just focusing on your breath. Begin to take deep, relaxed breaths. Without forcing, just breathing all the way down to the base of the belly, as you exhale allowing the body to relax more and more. Feeling the tension leaving your neck, leaving your shoulders, feeling your entire arms relax. Noticing the organs in your body and your stomach muscles completely relaxing. Your hands relax. Your legs relax. All the way down to your feet and ankles. Every muscle in your body becomes completely relaxed.

Now, what I want you to do is imagine your life as a timeline. It stretches all the way out into the past, and all the way out into the future. Let me know when you have imagined this. (Proceed once they say they have)

Now, imagine the crown of your head begins to open, and a healing light, a light of healing and love begins to pour into the crown of your head. Filling up your entire body, it pours all the way down to your feet, filling your feet, filling your legs, filling your hips, your belly, filling your entire torso. That healing light and love fills your chest, your neck, your whole head, your arms, your hands. And that healing light begins to pour out, to overflow out of your hands. Let me know when you have imagined this. (Proceed once they say they have)

Now, what I want you to do is imagine that you are floating up above your timeline and all the way forward to the place in the future that that event or thing that you feel anxious about is located. Let me know when you are there. (Proceed once they say they have)

Great, now I want you to float forward past that, float forward past it to a safe place in the future on your timeline and go ahead and land down on your timeline there. Let me know when you are there. (Proceed once they say they have)

Now I want you to turn around on your timeline, facing the past. The event or situation you were anxious about is in the past now. Next, imagine you are stretching your hands out back towards that event or situation you were anxious about and let that healing light that is still flowing down into you and through you beam out of your hands and soak that event or situation you were anxious about in healing light until it completely disappears. Let me know when you have completed that. (Proceed once they say they have)

Beautiful, now I want you to imagine that you float up above your timeline and all the way back to now, back to the present and land back down there. Let me know when you are there. (Proceed once they say they have)

Take three deep breaths and slowly blink your eyes open. Welcome back.