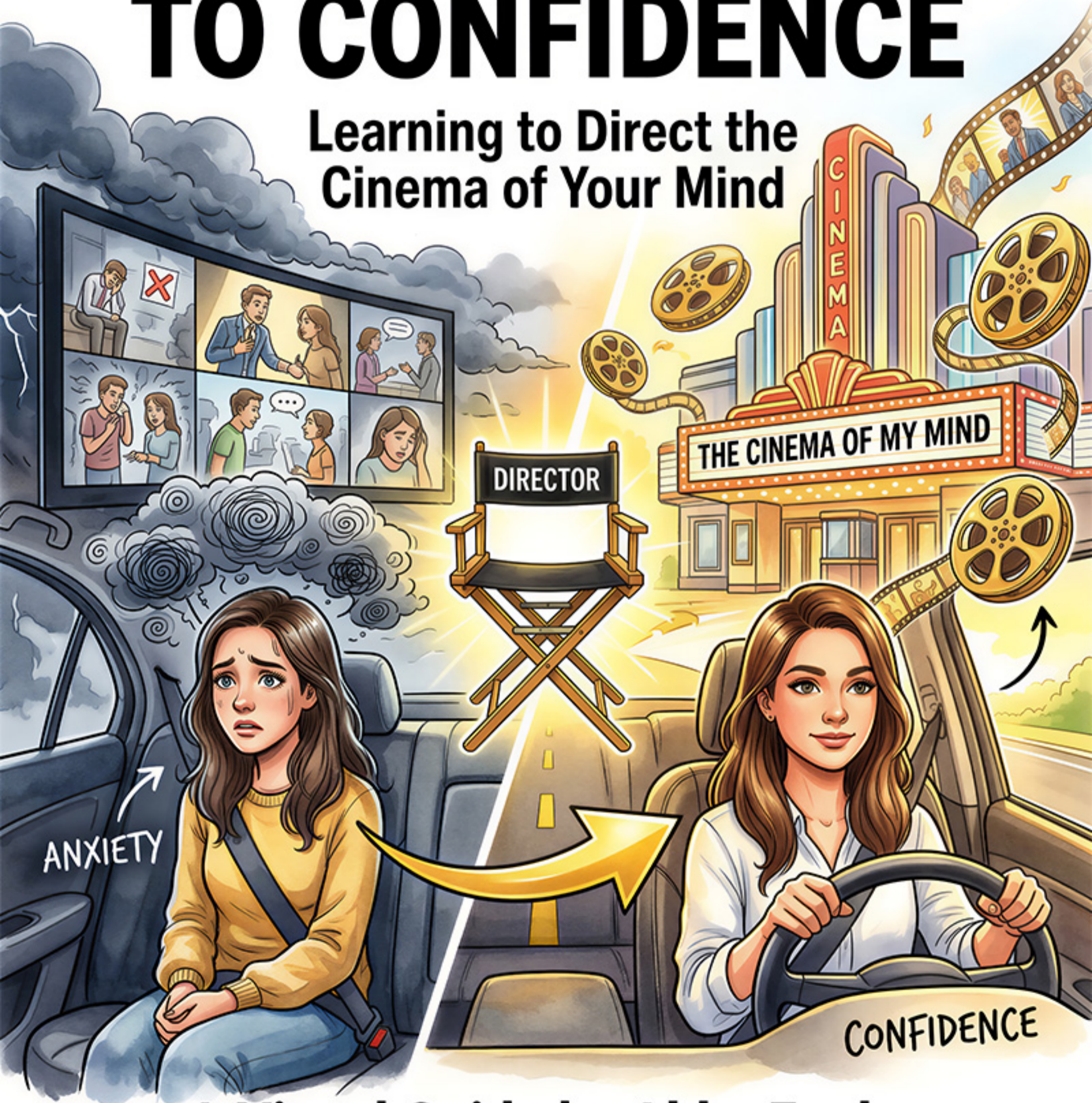


FROM ANXIETY TO CONFIDENCE

Learning to Direct the Cinema of Your Mind

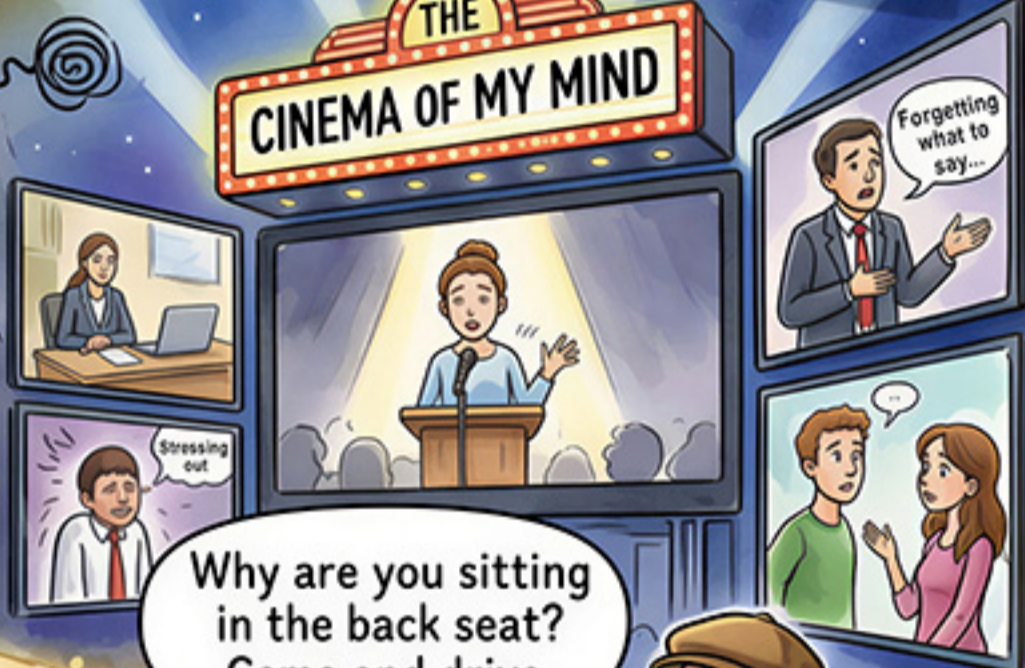


A Visual Guide by Abby Eagle

I thought anxiety was happening to me...

1/7
How To Fix Anxiety Fast
Visit www.AbbyEagle.com

THE
CINEMA OF MY MIND



BACK SEAT

Why are you sitting in the back seat?
Come and drive.



Most people believe anxiety happens TO them.

But anxiety is actually something you DO inside your mind.

If you can learn how you create anxiety, you can learn how to stop creating it.

Every feeling begins with a process.
Learn the process and you regain control.

THE CINEMA OF MY MIND

A magical movie production studio

2/7
The Three
Systems Of
The Mind
Visit
www.AbbyEagle.com

Most people focus on
the feeling called anxiety.

What you say
to your mind.

But feelings are not
the starting point.

What you
see in
your mind

Most people stare
at the feelings and
never notice what
creates them.

What if
I fail?

I won't
know what
to do.

I can
handle
this.

I'll figure
it out.

What will
I say?

...

One step
at a time.

Anxiety

Anxiety

Confidence

Calm

Motivation

VISUAL

AUDITORY

KINAESTHETIC

What you
feel

What you see
in your mind

What you say
to yourself

Me

Curious and
engaged woman
is beginning
to learn how her
mind works.

Feelings are created by
pictures and conversations
happening inside your mind.

When you learn to control
the pictures and sounds, you
begin to control the feelings.

PICTURES → SELF-TALK → FEELINGS
Visual → Auditory → Kinaesthetic

The feeling isn't the cause. The feeling is the result.

THE CINEMA OF MY MIND

The studio resembles a giant movie set where thoughts, emotions and experiences are being manufactured

3/7
How Anxiety
Is Created

Visit
www.AbbyEagle.com

VISUAL

Creating a frightening movie

AUDITORY

Talking myself into anxiety

KINAESTHETIC

Feeling anxious



Step 1: Create a movie where you don't know what to do or say.



Step 2: Ask yourself anxious questions about what might go wrong.



Step 3: Your mind responds by creating a feeling called anxiety.

Most people try to change the feeling without changing the movie or the self-talk that created it.

MENTAL MOVIE ↓ INTERNAL DIALOGUE ↓ ANXIETY FEELING

Visual → Auditory → Kinaesthetic

Anxiety is not a thing that happens to you.
Anxiety is a process that you perform.

Anxiety changes when you stop being trapped inside the movie and become the director

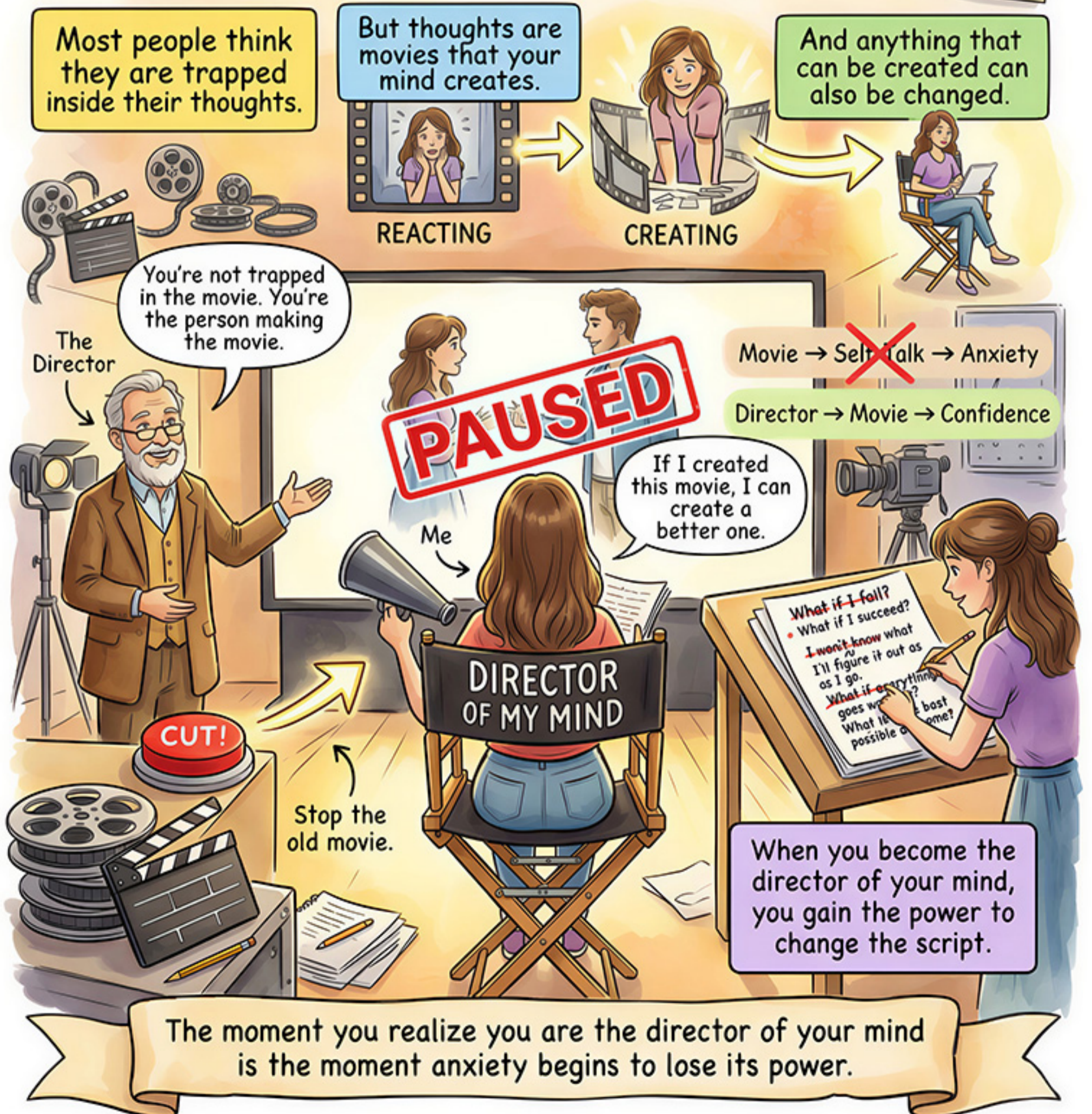
4/7
Become
The Director
Visit
www.AbbeyEagle.com

'THE CINEMA OF MY MIND'

Most people think they are trapped inside their thoughts.

But thoughts are movies that your mind creates.

And anything that can be created can also be changed.



You're not trapped in the movie. You're the person making the movie.

PAUSED

~~Movie → Self Talk → Anxiety~~
Director → Movie → Confidence

If I created this movie, I can create a better one.

When you become the director of your mind, you gain the power to change the script.

The moment you realize you are the director of your mind is the moment anxiety begins to lose its power.

You build confidence by consciously directing 'THE CINEMA OF YOUR MIND'

5/7 Rewrite The Script Visit www.AbbeyEagle.com

Every new version teaches your mind what is possible.



Confidence is not something you find. Confidence is something you build, one successful rehearsal at a time.

THE CINEMA OF MY MIND

6/7
Future
Confidence
Visit
www.AbbyEagle.com

Most people imagine the event before it happens and feel anxious.



Change your viewpoint and the feeling changes.

Successful Public Speaking

Presentation Complete



Let's go beyond the event and see what happened.



Me - Right Now
Thoughtful young woman preparing for the events but is no longer overwhelmed.

Me - After Success
Successful public speaking and happy everything turned out fine.

Most people imagine the event before it happens and feel anxious.



Everything looks different from here.

Instead, imagine the event has already been completed successfully.

Step into that future and look back.



You already did it. Now let's see how you succeeded.

Looking Back, Future Self gazes along the timeline to event, calm and relaxed. Anxiety cannot exist once the event is successfully completed.

From that future position you can discover what allowed you to succeed.

Bring This Back To Now

When you mentally step beyond the event and look back from success, anxiety gives way to understanding, confidence and resourcefulness.



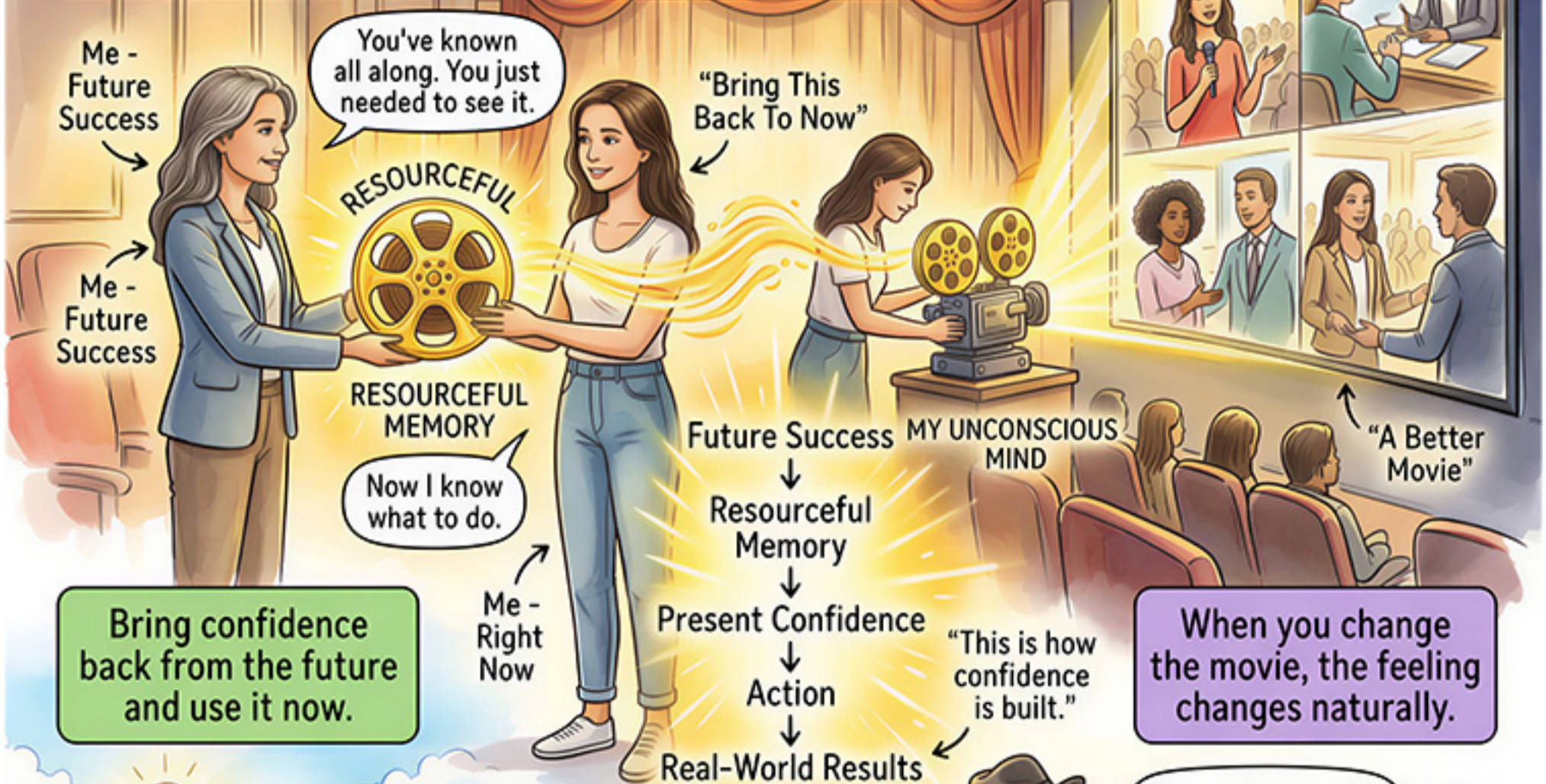
7/7
Bringing Confidence Home
 Visit www.AbbyEagle.com

The Journey From Anxiety To Confidence

THE CINEMA OF MY MIND

Anxiety shrinks when your mind knows how to succeed.

Your future success can become a resource in the present.



Bring confidence back from the future and use it now.

When you change the movie, the feeling changes naturally.



You are not the passenger in your mind. You are the director, the writer and the driver. Learn the process, change the process, and confidence naturally follows.



THE CINEMA OF MY MIND

Anxiety often feels as though it happens to us. In reality, our minds create experiences through pictures, sounds and feelings.

This illustrated guide explains how anxiety is produced, how confidence is produced, and how simple changes in mental processes can create powerful emotional change.

Through seven engaging visual lessons, you'll discover how to become the director of your own internal cinema.

Learn more at:
www.AbbyEagle.com

By Abby Eagle