**ANXIETY THERAPY WORKBOOK**

A HOLISTIC & SPIRITUAL APPROACH

# **COURSE JOURNAL**

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For use with The Anxiety Therapy Workbook

By Paul Craddock DHP

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# Exercise 1 (Section 3):

# Personal Details & Initial Consultation Form

**CONFIDENTIAL**

Name:

Age:

Date you enrolled on this course:

Address or location:

Email:

Phone number:

Preferred method of contact:

Occupation:

WHAT ARE YOUR PRESENTING SYMPTOMS?

List and describe your symptoms and state how long you have had them. This would typically be referred to as something inside of you but out of your control such as depression, anxiety, phobias, excess stress, panic attacks.

SEVERITY

With regard to severity, (how bad the symptoms/s are) give them a number from 1 to 10 with 1 having the least effect and 10 the most extreme or worse effect.

Do you suffer from excess stress at work? If yes, please give details:

Is a personal relationship causing you stress? If yes, please give details:

Do you want to lose weight or to stop smoking/vaping? If you need to stop smoking/vaping what is the frequency of your current habit? If you need to lose weight how much do you need to lose?

Details of previous or ongoing therapy or treatment:

**Personal details and Initial Consultation Form continued:**

Other information:

# Exercise 2 (Section 3):

# Stress Test

Please tick the box that applies to you. Answer yes, even if only part of a question applies to you. Take your time, but please be totally honest with your answers.

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | Yes | No |
| 1 | I frequently work at home at night, on work which I have brought home |  |  |
| 2 | I feel that there are just not enough hours in the working day to do all of the things that I must do |  |  |
| 3 | I can frequently feel impatient with the speed at which events take place |  |  |
| 4 | At times I can have an extreme reluctance to go to work |  |  |
| 5 | I try to fit more and more tasks into less and less time, resulting in me not allowing time for any unforeseen problems that may arise |  |  |
| 6 | I feel that there are too many deadlines in my work / life that are difficult to meet |  |  |
| 7 | My self-confidence / self-esteem is low |  |  |
| 8 | I can frequently have a vaguely guilty feeling if I relax and do nothing, even for short periods of time |  |  |
| 9 | I find myself thinking about problems to do with my personal / business/professional life, even when I am supposed to be engaged in recreational pursuits |  |  |
| 10 | I can have a feeling of intense fatigue, even when I wake after sleep |  |  |
| 11 | I can / do find myself finishing other people’s sentences for them |  |  |
| 12 | I have a tendency to eat, talk, move and walk quickly |  |  |
| 13 | My appetite has altered, to a desire to go on a binge, especially on sweet, sugary foods. Or, I have suffered a loss of appetite |  |  |
| 14 | I find myself becoming irritated / angry if the car or traffic in front of me seems to me to be going too slowly / I become very frustrated at having to wait in a queue |  |  |
| 15 | I can feel anger and resentment at nothing in particular and or, a feeling that something is missing, but I don’t know what |  |  |
| 16 | I’m aware that I try to get other people to hurry up / get on with it |  |  |
| 17 | At times I feel depressed, tearful, irritable, all-over tension, short tempered, unusual clumsiness, my concentration / memory is impaired. |  |  |
| 18 | I find that if I have to do repetitive tasks, I become impatient |  |  |
| 19 | I can seem to be listening to other people’s conversations, even though I am in fact preoccupied with my own thoughts |  |  |
| 20 | I find myself grinding my teeth, especially if I am stressed or feeling impatient |  |  |
| 21 | I seem to have an increase in aches and pains, especially in the neck, head, jaw, lower back, shoulders, and chest. For women: Menstrual cycles are erratic, often missed |  |  |
| 22 | At times I am unable to perform work or tasks as well as I used too, or I feel my judgment is clouded / not as good as it was |  |  |
| 23 | I find I have a greater dependency on alcohol, caffeine, nicotine or drugs (whether prescription or not) |  |  |
| 24 | I find that I don’t have time for many interests / hobbies outside of work |  |  |

A yes answer scores 1 (one), and a no answer scores 0 (zero).   
  
Now, total up all of your yes scores: ………………………………..

**If you score:**

4 points or less: You have no need to worry about being prone to stress. You are least likely to suffer from stress-related illness.

5 - 13 points: You are prone to stress. You are also more likely to suffer from the negative effects of stress. Long term, you may possibly be open to stress-related illness. I would recommend that you start working through this course as you are in need of stress control management / counselling.

14 points or more: You are the most prone to the negative effects of stress. And so, you are more open to serious stress-related illness. I would recommend that you start working through this course making sure you stay on the long-term therapies that we cover in this course. It may also be worth considering the premium version of this course for ongoing tutor support.

# Exercise 3 (Section 4):

# Setting up your Personal Journal

As explained in this section, obtain a physical journal/notebook or set up your digital journal to use as your personal journal. Your Personal Journal will run alongside this Course and Workbook Journal. You will be able to share information from your Personal Journal with your tutor through your Course Journal and workbook should you choose that option.

**Personal Journal Sections**  
Apart from your general observations which you could record in a daily diary format, it can be useful to divide your journal into sections or headers.

Daily diary

Therapy journal (to record your therapy)

Specific problems & projects

Personal development, goals and plans

Gratitude journal

Business journal

However, to start with, just use your Personal Journal daily to record your progress, thoughts and experiences as you work through this Course Journal. However, whether you have made an entry in your Course Journal or not, use your Personal Journal daily as instructed in the Course Journal section. Note: For the first 30 days you may find it helpful to tick off each day on a calendar so you can see you are maintaining and being consistent with your journal entries.

You may also find it very helpful to start your gratitude section daily if you skip ahead and read “expressing gratitude” in Section 5. Just write what you are grateful for every day you use your Personal Journal. Record your progress:

Date you set up your Personal Journal:

For the next 30 days write down the date and time you make an entry in your Personal Journal:

For the next 30 days write down the date and time you make an entry in your Personal Journal. Continued:

# Exercise 4 (Section 5):

# Guided meditation, relaxation and hypnotherapy audio

Go to the Resource Appendix at the end of this journal and access the guided meditation/relaxation/hypnotherapy audio.

Listen to the guided meditation/relaxation/hypnotherapy audio as instructed in this section. I would suggest daily or every other day. At bedtime just before you go to sleep is good. The suggestions will still work even if you fall asleep.

Record your results below for the next 30 days:

The dates you used the recording and your experience each time:

**Exercise 4 continued. Experiences with guided meditation, relaxation and hypnotherapy audio:**

# Exercise 5 (Section 5):

# The Pause Button

Practice the pause button procedure on your unwanted thoughts as they travel through your mind. When you place the pause button over your thought, see the thought frozen in front of you like a clip of film. Practice this at least 12 times and record your results below with the date:

**Exercise 5 the pause button continued:**

# Exercise 6 (Section 5):

# The “I am responsible” affirmation

When you are having a negative thought repeat the “I am responsible” affirmation at least 3 times in sequence. Record your response with dates below:

# Exercise 7 (Section 5):

# The fan procedure

Practice the fan procedure on your unwanted thoughts as they travel through your mind. Make a note of your results. Which method for stopping your thoughts works best for you?

# Exercise 8: (Section 5)

# Walk in nature:

Write down when and where you can go for a short walk in nature if only for 20 minutes around the park or similar.

How did you feel afterwards?

Now make a plan as to how you can make this a regular occurrence:

# Exercise 9 (Section 5): Get in Spirit and Inspired:

Write down what you will do:

# Exercise 10 (Section 5): The Calm Technique:

(1) Practice the Calm Technique now in preparation for when you need to use it and record your results below:

(2) Use it when you need immediate help and make a note of the result:

# Exercise 11 (Section 5): The Emo-Trance Technique:

Memorise the summary below and write it down to check you have memorised it correctly.

Locate and identify the specific area in your body where you are feeling the negative symptom, painful feeling or emotion. Observe its boundaries and see it as a defined mass of solid energy which is producing the feeling you are experiencing.

Now, without thinking about the likely answer, ask yourself what colour the feeling/mass of energy is?

Now see it as a solid colour.

Now imagine breathing into this solid colour and see your breath breaking up this defined area. As it breaks up, see it disintegrating into grains of sand or vapour in the colour you gave it.

Now as this solid area breaks up into grains of sand or vapour, notice which way it is moving to exit through your body from its defined area. Do not think about it, just notice which way it is moving out through your body. Notice which path it takes as it exits your body. There is no right or wrong way.

Keep breathing into the defined area whilst observing it breaking up into grains of sand or vapour and moving out through your body in its preferred direction until the feeling completely disappears.

Next time you have a negative feeling use the above Emo-Trance technique and make a note of how you got on in this exercise:

**Exercise 11 Emo Trance:**

# Exercise 12 (Section 5): Externalisation and Identification:

What can you divert your focus on to feel better?

# Exercise 13 (Section 5): Depression

If you are suffering from depression, what small thing will you do right now?

# Exercise 14 (Section 5) Physical Exercise

What exercise would work for you to relieve stress?

Make a plan or schedule to enable you to complete this exercise. Remember it only needs to be for 10 minutes a day. Write your plan or schedule down below:

# Exercise 15 (Section 5):

# How to stop worrying

(1 Write down what is the exact cause of your worry:

(2) Write down all the possible scenarios and possibilities:

(3) Write down the worst-case scenario, what is the worst that could happen?

(4) Now accept the worst-case scenario in your mind, just for a few moments.

(5) Now write down a list of things you can do to avoid the worst-case scenario:

# Exercise 16 (Section 5):

# Expressing gratitude:

Every night before you go to bed, write down 3 good things that has happened to you that you can be grateful for. You may want to observe what they might be throughout the day.

Alternatively, when you awake in the morning, think of one thing you are grateful for. You may want to place a small pebble or crystal or small keepsake object in your pocket to make yourself remember what you are grateful for each time you feel the object in your pocket throughout the day. People have called this their “gratitude stone”.

Record what you are grateful for every day for the next 30 days in this Course Journal below. After 30 days switch to recording your gratitude in your Personal Journal ongoing.

**Exercise 16 Expressing Gratitude:**

# Exercise 17 (Section 5):

# Don’t take yourself too seriously!

Next time you find yourself getting impatient, remember the story with the above name in this section and tell yourself to stop taking yourself so seriously. Make a note of the occasions below:

# Exercise 18 (Section 5):

# Paradoxical Intention

1. First you need to identify and quantify the symptom you are experiencing that you want relief from. You may find it helpful to consider the following:

Are you not doing something that you want to do?

Are you doing something that you don’t want to do?

Are you getting anxious about being anxious?

Which thoughts cause you anxiety?

What are you afraid of?

What situation are you afraid of?

What or who causes you anxiety?

Where in your body do feel the anxiety?

2. So now write down what is the event or situation that will make you anxious?

3. Now write how in your imagination you can exaggerate your fear to the extent that it becomes humorous and ridiculous.

4. Now put this into practice and keep a record of how you got on below:

# Exercise 19 (Section 6):

# Quiz: Introduction to meditation

**(1) What are the two stages of meditation?**

Multiple choice: select the correct ones:

Concentration

Sleep

Mindfulness

Dreaming

Thoughtless awareness

**(2) Name 5 observed benefits of meditation**

Multiple choice: select the correct ones:

Help with mental health problems

You become more friendly

Lower blood pressure

You will become a vegetarian

Reduced stress levels

Help with sleep

Increase your appetite

Help with Post-traumatic stress disorder

Help with Addictions

Improve your relationships with your pets

Reduced worry

Enjoy music more

Increased focus

Better relaxation

Increased energy

Enjoy food more

Feeling happier

**(3) Name two types of meditation**

Multiple choice: select the correct ones:

Sleeping meditation

Mindfulness meditation yoga

Dreaming meditation

Focus on the body

Transcendental meditation

Running meditation

Contemplation meditation

Friendliness meditation

Meditation as taught in this course

**(4) What are the benefits of the meditation as taught in this course?**

Multiple choice: select the correct ones:

Becoming master of your mind

Becoming calmer

Becoming fitter

Eliminating worry

Lose weight

Relaxation and release of stress

Become a better driver

Removing trauma

Becoming more sensitive

Finding inner stillness

Obtaining self-separation

Stopping smoking

Gaining control of your thoughts

**(5) One of the aims of meditation is that we are seeking to control our conscious mind. By doing this, what benefits are we seeking?**

Multiple choice: select the correct ones:

Stopping Mechanical worry

Becoming more independent

Stopping anger

Improve our memory

Stopping judging others

Become more intelligent

Removing fear

Stopping feelings of regret

Develop a superior intellect

Stopping negative emotions

**(6) It is recommended that Meditation is practiced at least daily for how long?**

Multiple choice: select the correct one:

15 Minutes

20 minutes

10 minutes

5 minutes

30 minutes

**(7) What are the best times to meditate?**

At sunset

In the morning around breakfast time

At a full moon

In the evening after you get home from work

After your evening meal

At sunrise

Now go to the Appendix to check your answers.

# Exercise 20 (Section 7):

# Introduction to meditation with the IM NA MAH mantra

Go to the Resource Appendix at the end of this journal and access the recording of the Introduction to the IM NA MAH mantra.

Listening to the recording will guide you through the meditation process of using the IM NA MAH mantra, so make yourself comfortable in a place you will not be disturbed for the next 35 minutes and be guided through the meditation listening to my instructions.   
  
How did you get on? You will undoubtedly have experienced many intruding thoughts. This is to be expected when starting to meditate. In the next section I will introduce you to some techniques to help deal with intruding thoughts. However, remember the key technique to use when thoughts intrude, is to gently favour your mantra.  
  
Practice this meditation exercise for at least the next 5 consecutive days once or twice a day.

Record your experiences with the dates here:

**Exercise 20 continued:**

# Exercise 21 (Section 7):

# Guided altered state meditation session:

Before you start this exercise, you should have memorised the IM NA MAH mantra in exercise 20 or a suitable mantra of your choice such as Shrim, Hirim or Shiama as I have described in this section. Remember, you should repeat your mantra silently in your mind, not out aloud.

Go to the Resource Appendix at the end of this journal and access the guided altered state meditation audio.

Listen to the guided altered state meditation audio.This is your altered state meditation that should be used once a day every day continuously, preferably twice a day. After you have memorised the instructions on the guided meditation, you can stop using the audio and meditate silently on your own. The choice is yours.

Record you experience here:

# Exercise 22 (Section 7):

# Workbook journal record for meditation practice section:

Write how you found the meditation in Exercise 21 and keep a record of your experiences below with this technique over the next 30 days. After 30 days it will then become a new habit.

Practice this technique daily. As you practice, I would recommend that you progressively incorporate the techniques taught in the next section, Section 8 Thought and Emotion Control and record your results below with the dates:

**Exercise 22 continued:**

# Exercise 23 (Section 8):

# Adding thought rewind and the pause button technique to your daily meditation:

You now need to add this technique of thought control to your regular meditation practice. You don’t need to apply it to every intruding thought, but feel free to use it frequently during your meditation. As you practice this technique during every meditation, you will gain a significant degree of control over your thoughts because you will begin to see them as a separate false part of you. Eventually this will expand into your normal daily awareness state of your mind.

**Here is a simple summary:**

1. During your meditation when you notice you have run off on a train of thoughts, freeze the last one, you can choose to use your imaginary pause button if you wish.
2. See your train of thoughts frozen in front of you just as if you had cut off a length of film and were holding it at arm’s length.
3. Now rewind back the imaginary film frame by frame (train of thoughts) linking each thought until you get back to where you departed from your meditation.
4. Continue with your mantra/meditation

Repeat the above steps when appropriate during your meditation. You don’t have to do this every time a thought comes into your mind, at other times just gently favour your mantra.

Record your progress below:

**Exercise 23 continued:**

# Exercise 24 (Section 8):

# Meditation during adverts

When listening to a commercial radio station focus on only hearing the words. Suspend all mental dialogue. Do not analyse what is being said. Do not judge what is being said. Have no thoughts. Just hear the sound with your internal dialogue suspended and frozen. Just focus on what is being said. Observe only, listen with a silent mind. No opinions or judgments.

Do the same with a visual and audio advert on television for example.

Record your results here with dates over a period of time:

**Exercise 24 continued:**

# Exercise 25 (Section 8):

# Meditation In conversations:

When engaged in conversations, observe your reaction to what is being said. What assumption are you making?

On hearing strangers talking in public places. Observe your curiosity, see yourself getting imaginary involved in other people’s events. Then stop your thoughts and just hear their words. Listen with silence.

Record your observations on working through this exercise below:

# Exercise 26 (Section 8):

# Judgments

When thinking about someone, notice your judgments about that person. Observe yourself making that judgment. It is your false self making that judgment. Your higher self does not judge. Record your results below:

# Exercise 27 (Section 8)

# Meditation when walking

Observe the movement of your legs and arms, keep your head level and observe your surroundings seeing how it changes as you walk. You could pick just one aspect of your surroundings such as the trees, grass, or pavement. Observe only, no internal dialogue, no thinking, no opinions, no judgements.

Record your results below:

# Exercise 28 (Section 8):

# Meditate in idle moments

On the train or bus or in bed for example.

Record your results below:

# Exercise 29 (Section 8):

# Meditation technique for removing negative feelings & emotions as they arise

Practice this exercise when you feel a negative emotion or thought.

Remember, in this exercise, instead of observing your body as in a progressive relaxation, you are going to be observing your negative feelings and emotions. This can also be done outside of your usual meditation session in a wide-awake state whenever you can stop your daily activity for 5 minutes.

You do this exercise by just silently observing your emotion with absolutely no analytical thoughts. In this way the emotion, the false part of you, will dissolve. The false part dies.

Remember not to think about your emotions when performing this exercise. Observe your feelings and emotions in total mental silence. If a thought comes in, go back to silence each time.

Record your results below:

**Exercise 29 continued:**

# Exercise 30: (Section 8):

# Summary of your meditation so far

Write a summary of your daily meditation progress so far:

**Exercise 30 continued:**

# Exercise 31 (Section 9):

# Quiz on the Spiritual Part Section:

**(1) Whilst practicing self-separation in meditation, which part of you is silently observing your negative emotions or feelings?**

**(2) What percentage of the mind has consciousness calibration research shown is silent?**

**(3) Most people think that they are their personality, when in fact they are comprised of so much more! The personality is not eternal, but the higher self is!**

Is the above statement True or false?

**(4) Which of the following statements can be attributed to Albert Einstein?**

1. “All I want to do is think like God”
2. “Ultimately, the entire universe has to be understood as a single undivided whole”
3. “We are slowed down sound and light waves, a walking bundle of frequencies tuned into the cosmos. We are souls dressed up in sacred biochemical garments and our bodies are the instruments through which our souls play their music”
4. “Thought creates our world, and then says, I didn't do it”
5. “The more I study science, the more I believe in God”
6. “I want to know all Gods thoughts; all the rest are just details”
7. “To change your reality, you have to change your inner thoughts”

**(5) What state of meditation gives you access to your higher self, the real you and has a stronger connection to the high spiritual force often referred to as the creator or God?**

1. The transcendental silent state
2. The conscious state
3. The dreaming state
4. The waking state

**(6) “Getting in spirit” and going with the flow helps greatly with anxiety and mental health problems. Which of the below are examples of this?**

1. Spending time in nature
2. Going shopping
3. Finding a creative hobby or pastime
4. Gambling
5. Doing something that really inspires you
6. Going to lots of parties
7. Being kind to yourself and others
8. Always checking your social media
9. Going with the flow

**(7) St Paul said, “That which is seen hath not come from what does appear”. What he meant was: matter does not produce matter, it comes from the emptiness, void, and silence. Which of the following statements is true?**

1. This silence is the same as that experienced in the transcendent state of no thoughts in meditation.
2. You need to enter the transcendent silent state for the full 20 minutes of your meditation to gain benefit.
3. Only entering the transcendent silent state for a few seconds is very beneficial
4. Because all matter is created from the silent state this state gives you a stronger connection to the creator and your true self.
5. You need to enter the transcendent silent state for 5 minutes of your meditation to gain benefit.

Now go to the Appendix to check your answers.

# Exercise 32 (Section 10):

# Quiz on Hypnotherapy and Hypnosis

**(1) Assuming you had never been to see a hypnotist or hypnotherapist and you were asked if you’d been hypnotised before, and you replied that you had not. This may be an incorrect answer because:**

1. All hypnosis is self-hypnosis
2. You can relax easily
3. In the brief period when you transition from being wide awake to asleep you briefly entered the hypnotic state
4. When you have been meditating you will most likely have entered at least a light hypnotic state
5. You can get to sleep quickly
6. You can remember everything that ever happened to you
7. When driving your vehicle and subsequently not remembering parts of the journey you would be in a state of hypnosis
8. You always get a hypnotised feeling

**(2) We can determine your brains frequency by hooking it up to a brain frequency EEG monitor of the type found in a hospital. Different frequencies are associated with different levels of consciousness. In which state of consciousness do you experience hypnosis? Is it:**

1. The wide-awake Beta state with a brain frequency of 12 to 38 cycles per second (hertz).
2. The Alpha state in which we are very relaxed and possibly daydreaming, with a brain frequency of between 8 to 12 cycles per second.
3. The Theta state in which you will be in a deep meditative state with a brain frequency of 3 to 8 cycles per second.
4. The Delta state with a brain frequency of 0.5 to 3 cycles per second and is a dreamless state.

**(3) Therapy whilst in hypnosis known as hypnotherapy, is predominantly used for two different types of treatments. Select the correct two from the list below:**

1. Cognitive behavioural therapy (CBT)
2. Analytical therapy
3. Neurolinguistic programming (NLP)
4. Suggestion therapy

**(4) The earliest references for hypnosis date back to:**

1. Ancient Egypt and Greece
2. 1930
3. The 17th century
4. **(5) What type of hypnotherapy would be predominantly used for stopping smoking and losing weight?**  
   Analytical therapy
5. Theta healing
6. Neurolinguistic programming (NLP)
7. Suggestion therapy
8. Group therapy

**(6) What type of hypnotherapy would be predominantly used for helping with anxiety, trauma, phobias and emotional and psychological problems?**

1. Analytical therapy
2. Theta healing
3. Neurolinguistic programming (NLP)
4. Suggestion therapy
5. Group therapy

Now go to the Appendix to check your answers.

# Exercise 33:

# (Section 10): Self-Hypnosis instruction audio

Go to the Resource Appendix at the end of this journal and access the self-hypnosis instruction audio.

Sit or lie down in a place you will not be disturbed for the next 30 minutes and make yourself comfortable and then listen to the self-hypnosis instruction audio.

Record your experience here:

# Exercise 34 (Section 11):

# Journal Work

# Part 1

Under the following headings write a list of people as it applies to you. Just write what comes to mind. You can take your time and revisit the list many times. So, do not stop because you are having difficulty remembering at any time. You will find more names come each time you go back to writing the list. You may need to continue on additional sheets of paper or pages

**Relatives:**

**Relatives continued:**

**Friends:**

**Friends continued:**

**Partners**

**Partners continued:**

**People you knew at school:**

**People you knew at school continued:**

**Work mates**

**Work mates continued:**

**People related to your hobby or interest:**

**People related to your hobby or interest continued:**

**Any significant persons not included above:**

**Now if applicable, write a list of significant events that you experienced whilst being alone:**

# Exercise 35 (Section 11):

# Journal Work, Part 2

Now write down a list of significant events that occurred whilst you spent time with each person. Do not describe the event in detail, just a limited number of words just sufficient to remind you of that event. Then if applicable, write a list of significant events experienced whilst you were alone.

For now, it is important not to start analysing the event, just observe and list it.

Each list could start in a chronological order if you find that helps. By that I mean from the last or from the first time you met them to the last time of contact, but it is not necessary to do it this way. You will find that each time you go back to working on your list you will remember additional events. Most likely, you will have memories coming back in between writing the list in your journal. So, write them down wherever you are so you can enter them into your journal later.

**Exercise 35 Journal work part 2 continued:**

**Exercise 35 Journal work part 2 continued:**

**Exercise 35 Journal work part 2 continued:**

**Exercise 35 Journal work part 2 continued:**

**Exercise 35 Journal work part 2 continued:**

# Exercise 36 (Section 11):

# Your First Analytical Therapy Session

Conduct a 5-minute review of your memories from your Course Journal.

Set a timer for 1 hour.

Go into self-hypnosis as instructed on the self-hypnosis audio using the audio or memorised procedure.

Go through your memories as instructed in the free association module in this section.

When you feel like ending the session or when you hear the timer sounding at the end of the hour, close the session as described in this section in “Closing the session”.

Write a summary of the results in your Course Journal of what you have remembered together with any emotions or feelings experienced. Remember to date your entry. That’s it until your next weekly session! If you find memories surfacing in-between sessions which is highly likely, write them down in your Course Journal. Also, write your dreams in your personal Journal if they are notable. You have set up your Personal Journal in Exercise 3.

**Exercise 36 continued:**

# Exercise 37 (Section 11):

# Repeat exercise 36, your analytical therapy session regularly:

Write a summary of your experiences during each session, numbering and dating each session. Weekly is ideal.

Session 1 Date:

Session 2 Date:

Session 3 Date:

**Exercise 37 continued:**

Session 4 Date:

Session 5 Date:

Session 6 Date:

**Exercise 37 continued:**

Session 7 Date:

Session 8 Date:

Session 9 Date:

**Exercise 37 continued:**

Session 10 Date:

Session 11 Date:

Session 12 Date:

**Exercise 37 continued: Additional Sessions:**

**Exercise 37 continued: Additional Sessions:**

# Exercise 38 (Section 12):

# End of Course Progression Plan.

Now that you have successfully worked your way through all of the exercises and completed this course, what plans do you have to maintain your continued wellbeing for the future?

What techniques and exercises are you going to continue to use that you have learnt on this course?

What additional new therapies might you consider in the future?

# Exercise 39:

# Course Evaluation

Are you a member of the Mind Therapy Society? Y/N

Do you feel you benefited from the course greatly, moderately partly or not at all?

Did the course meet your expectations, definitely, mainly, partly or not at all?

To what extent have you acquired new knowledge, developed your skills and changed attitudes as a result of completing this course? Have you learnt very little, learned a satisfactory amount or learnt a considerable amount?

Was the course organised and taught in a satisfactory way?  
Yes/No/ comments:

Were the teaching materials used satisfactory? Yes/No/comments:

If you were subscribing to paid support, was the feedback and support with your progress satisfactory? (Yes/No/comments)

How would you briefly summarise your experience of the course?

Would you recommend the course to anyone else?

Any other comments?

# APPENDIX 1:

# Answers to Quizzes’

Exercise 19 (Section 6):

Quiz: Introduction to Meditation

**(1) What are the two stages of meditation?**

Answer: Mindfulness and thoughtless awareness

**(2) Name 5 observed benefits of meditation**

**All correct answers:**

Help with mental health problems

Lower blood pressure

Reduced stress levels

Help with sleep

Help with Post-traumatic stress disorder

Help with Addictions

Reduced Worry

Increased focus

Better relaxation

Increased energy

Feeling happier

**(3) Name two types of meditation**

All correct answers:

Focus on the body

Mindfulness meditation yoga

Contemplation meditation

Transcendental meditation

Meditation as taught in this course

**(4) What are the benefits of the meditation as taught in this course?**

All correct answers:

Becoming master of your mind

Becoming calmer

Eliminating worry

Relaxation and release of stress

Removing trauma

Finding inner stillness

Obtaining self-separation

Gaining control of your thoughts

**(5) One of the aims of meditation is that we are seeking to control our conscious mind. By doing this, what benefits are we seeking?**  
All correct answers:

Stopping Mechanical worry

Stopping anger

Stopping judging others

Removing fear

Stopping feelings of regret

Stopping negative emotions

**(6) It is recommended that Meditation is practiced at least daily for how long?**

Answer: 20 minutes

**(7) What are the best times to meditate?**

Answer:  
  
In the morning around breakfast time

In the evening after you get home from work

After your evening meal

Exercise 31 (Section 9):

Quiz on the Spiritual Part Section:

**(1) Whilst practicing self-separation in meditation, which part of you is silently observing your negative emotions or feelings?**

Answer: Your higher self, spiritual self or soul.

**(2) What percentage of your mind has consciousness calibration research shown is silent?**

Answer: 99%

**(3) Most people think that they are their personality, when in fact they are comprised of so much more! The personality is not eternal, but the higher self is!**

Is the above statement True or false?

Answer: True

**(4) Which of the following statements can be attributed to Albert Einstein?**

Answers:

All I want to do is think like God”

“We are slowed down sound and light waves, a walking bundle of frequencies tuned into the cosmos. We are souls dressed up in sacred biochemical garments and our bodies are the instruments through which our souls play their music”

“The more I study science, the more I believe in God”

“I want to know all Gods thoughts; all the rest are just details”

The other quotes are from David Bohm

**(5) What state of meditation gives you access to your higher self, the real you and has a stronger connection to the high spiritual force often referred to as the creator or God?**

Answer:

The Transcendental Silent State

**(6) “Getting in spirit” and going with the flow helps greatly with anxiety and mental health problems. Which of the below are examples of this?**

Answers:

Spending time in nature

Finding a creative hobby or pastime

Do something that really inspires you

Being kind to yourself and others

Going with the flow

**(7) St Paul said, “That which is seen hath not come from what does appear”. What he meant was: matter does not produce matter, it comes from the emptiness, void, and silence. Which of the following statements is true?**

Answers:

This silence is the same as that experienced in the transcendent state of no thoughts in meditation.

Only entering the transcendent silent state for a few seconds is very beneficial.

Because all matter is created from the silent state this state gives you a stronger connection to the creator and your true self.

**Exercise 32 (Section 10):**

**Quiz on Hypnotherapy and Hypnosis**

**If you were asked if you’d been hypnotised before, and you replied that you had not. This may be an incorrect answer because:**

Answers:

All hypnosis is self-hypnosis

In the brief period when you transition from being wide awake to asleep you briefly entered the hypnotic state

When you have been meditating you will most likely have entered at least a light hypnotic state

When driving your vehicle and subsequently not remembering the journey, you would be in a state of hypnosis

**(2) We can determine your brains frequency by hooking it up to an EEG monitor of the type found in a hospital. Different frequencies are associated with different levels of consciousness. In which state of consciousness do you experience hypnosis?**

Answer:

The Alpha state of consciousness

**(3) Therapy whilst in hypnosis known as hypnotherapy, is predominantly used for two different types of treatments. Select the correct two from the list below:**

Answer:

Analytical therapy

Suggestion therapy

**(4) The earliest references for hypnosis date back to:**

Answer: Ancient Egypt and Greece

**(5) What type of hypnotherapy would be predominantly used for stopping smoking and losing weight?**

Answer: Suggestion therapy

**(6) What type of hypnotherapy would be predominantly used for helping with anxiety, trauma, phobias and emotional and psychological problems?**

Answer: Analytical therapy

# **APPENDIX 2:**

# **Resources & Support**

**AUDIO SUPPORT DOWNLOADS**

(Information correct on 9 March 2023)

Go to the authors web site for this course to listen to the audio guides below at: [www.anxietytherapy.info](http://www.anxietytherapy.info)

**Downloads available for:**

Exercise 4: Guided meditation/relaxation/hypnotherapy audio.

Exercise 20: Introduction to the IM NA MAH mantra

Exercise 21: Guided altered state meditation audio  
Exercise 33: Self-hypnosis instruction audio

To download a copy of the Course Journal for your personal use go to: [www.anxietytherapy.info](http://www.anxietytherapy.info)

**FREE NEWSLETTER**

You can subscribe to The Mind Therapy Society Newsletter for help and Advice at [www.anxietytherapy.info](http://www.anxietytherapy.info)

For more information, help and support visit: [www.mindtherapysociety.com](http://www.mindtherapysociety.com)

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