

Fundamentals – how to manage anxiety and learn basic skills to change it forever!

In this series of four sessions, you will learn fundamental neuroscience-based skills that will help you manage anxiety, depression, stress or relationship upsets. This is a basic program that will make a significant difference to the way you think, feel and behave. It will provide you with the understanding you need to manage your brain in a way that helps you cope well with negative thoughts and feelings. This four-step program is the starting point to help you cope with brain-based problems such as procrastination, perfectionism, obsessive thinking, health anxiety, social anxiety, disorganization, inability to make decisions or study effectively, or maintaining or getting good relationships.

Once you know these basic skills, you will never be without them. The only way they cannot work is if you don't practice them. Thousands of my clients have completed these four sessions and have started on a new journey that has changed their lives forever. You can extend this journey, learn more about your brain, deal with a long-standing problem or figure out the unconscious drivers of your thoughts and feelings in extra sessions.

If you would like a package price, pay in advance for FastFix (AED900 per session) or ProblemSolve (AED875 per session). Go here for details: <https://www.cbtabudhabi.ae/1on1-packages>. All the very best, Dr Sharyn

Step	Label	It feels like... <i>fear</i>	Step Changes
1	Assessment	8/10 or 9/10	Negative to optimistic In Session 1, we'll discuss what the problem is and how it has affected your life. It's okay that you can't make sense of it and I will ask you lots of questions. We'll try to figure out what is really happening. If we can fit your problem into psychological theory, we will know where to start. At the end of this session, you will have an idea of what you can do next. Use the next 3 sessions (FastFix) to learn and understand your brain so you can rewire, retrain and change the way you think, feel and behave.
2	Brain Behaviour	7/10 or 8/10	Foggy to clear In Session 2, we will talk about your brain and how it works – especially how you think, feel and behave and the relationships between these three things. I'll show you the way your brain manages its thinking and how this thinking affects what you feel and do. We'll uncover your fight/flight responses and you will understand the difference between thoughts and feelings.
3	Thinking	6/10 or 7/10	Automatic to controlled In Session 3, we'll discuss thinking and how your brain automatically processes information in a negative and unhelpful way. We'll begin to use psychological tools and strategies to help you rewire your thinking and change the way these thoughts make you feel. You will be able to manage your thinking more effectively and feel more in control. We'll use the results of your assessment questionnaires to guide our work.
4	Feelings	5/10 or 6/10	Unregulated to regulated In Session 4, we'll discuss your feelings and how they impact your life. We'll talk about the vicious cycle between thoughts and feelings and how you can exit this. You'll learn how feelings work and how to soothe negative feelings that can take you down. You'll be able to deal with stressful situations without falling into fight/flight modes. You will know how to respond to your anxious brain and have skills to bring you to a calm and confident place.