



HOW TO MANAGE ANXIETY IN YOUR RELATIONSHIP



inhervision

“What makes a relationship strong is not big acts of passion, but rather micro-moments of warmth and connection”

WELCOME!

Do you experience anxious thoughts when you're in the beginning stages of dating or even in a well-established relationship and waiting for the other shoe to drop? Know you're not alone in this. Studies estimate that about 20% of the population have an anxious attachment style.

You will know you have an anxious attachment style if in relationships:

- You feel you need extra attention, acknowledgement, validation and love.
- You see your partner saying "no" (out of honoring their own boundaries) as them rejecting and even betraying you.
- You react with anger or resentment when reuniting with your partner when they've been away or busy.
- You are strongly anticipating the day when they will leave / betray you.
- You feel like you're too much (or too needy) for anyone to handle.
- You find relationships disappointing and exhausting because you feel you can never really depend on anyone.
- You need frequent reassurance of their love and commitment to you.
- You have a deep fear of abandonment, rejection and betrayal.
- You want to hear from them often and spend a lot of time with them.
- You struggle with anxious feelings when you're not with them, wondering what they're doing and when they'll return.
- You have difficulty being on your own, especially when it feels like they're ignoring your text messages or calls.
- You become easily jealous when they speak to people of the same-sex.



to soothing your anxious mind,

Anifa

WHAT'S INCLUDED:

In this guide, you will learn how to better regulate the anxiety when it comes up with specific tools that you can use **in the moment**. Here's what included in this guide:

- **How to distinguish between your anxious thoughts and your higher knowing voice**
- **How to move from venting to connecting in your relationship.**
- **5 techniques to help you regulate and calm your anxious emotions.**
- **How to process your anxious thoughts and take your control back.**
- **How to communicate what you need to not feel so anxious in the future.**
- **BONUS:** A list of acknowledging phrases that the partner or you can use when listening to the other venting.



WHEN YOU'RE FEELING ANXIOUS AND WANT TO REACH OUT. STOP.

When you're experiencing anxiety in a new or even solidified relationship, the reasons why we reach out to our partner in those anxious moments can be more about looking for assurance and validation of their feelings and commitment to us, rather than to actually connect with them. A loving partner will be able to be there for you sometimes, **but it's not up to them to calm your nervous system.** It's ultimately up to **you.**

The first thing you want to get clear on is whether you are reaching out to them to have your anxiety regulated and calmed down, or if you are genuinely reaching out to have connection with them.

→ Tune inwards and ask yourself **what am I feeling right now?**

=Are you feeling **anxious, shaky, out of control, overwhelmed, dysregulated, unstable, hyped up?**

If you are anxious and looking to talk to someone to regulate your emotions, turn to a trusted friend, parent or therapist/coach who can help you by being a listening ear and even help you **process** your anxious thoughts.

=Are you feeling **grounded, calm, centered, stable, in control?** Then you are ready to connect with your partner, family member or friend.

NOTE

What I'm **not** saying here is that you must hide your anxious feelings with your partner. However, if you are consistently reaching out to them when you're anxious in hopes that they will calm your anxious thoughts, I want you to instead rely on others for support sometimes too, and most importantly (the purpose of this Guide) is to show you **how you can rely on yourself to regulate your anxious emotions.**

IF YOU DO NEED TO VENT/EXPRESS YOUR ANXIOUS THOUGHTS TO SOMEONE ...

HERE'S HOW:

- ➔ **Ask for permission** with your partner, friend or family member to have a few minutes to do just that.
- ➔ **Remind your friend/partner/family member** that this is not a time where you are looking for advice, just simply someone you love to listen and acknowledge (you can point them in the direction of this last page-- the BONUS content on how to respond compassionately for guidance on how to listen and acknowledge lovingly).
- ➔ If they agree to holding this space for you, **set the timer for 2 or 3 minutes**, and vent! Let it allllll out!
- ➔ Be sure to respect the allocated time and not go over.

Looking for one on one support?

Book a complimentary
consultation with Anita



HOW TO: DECIPHER BETWEEN YOUR ANXIOUS THOUGHTS AND YOUR HIGHER KNOWING VOICE.

Take a minute or two to stop everything you're doing. Put the phone or laptop aside, or maybe you printed this for yourself you can put this guide aside and just sit with yourself for a few minutes. In these moments observe the first few thoughts that pop into your head, then the next and the next, noticing the tonality (how it sounds- critical, happy, curious, insightful) and what those voices are saying.

TAKE A FEW MINUTES TO PAUSE & OBSERVE

What did you notice?



How many different sounding voices did you observe in those few short moments? I'm guessing you probably heard one that was critical of this very experiment, "nothing's happening", "it's not working", "this is dumb". Or a voice of doubt, "am I doing this right?", "what am I suppose to notice?". Or perhaps a voice that is self-critical, "It never works for me", "I never do anything right".

This is a very simple introduction into **mindfulness**, where you learn and practise becoming the observer of your thoughts. **Because here's a secret:** *you are not your thoughts!* Your thoughts are just thoughts, they come and go. Who you are, and can train yourself to consciously become, is the observer of those thoughts rather than the victim to them. [Check out this video here to learn more.](#)

We have 4 main voices in our head - learn to distinguish between them!

1

Conscious Mind

This is where you have your most repetitive thoughts. It's also where decision-making, critical thinking and reasoning happen. This is what you hear majority of the time.

2

Inner Critic/ Pusher/ Subconscious Mind

This is where your limiting beliefs play out about yourself "not being good enough", "smart enough", "pretty enough". It's the critical, shaming voice that puts you down and doubts your capableness. It's also the pusher who pushes you sometimes to do more than you really want to do. It's relentless, and often sounds like a militarian type figure... perhaps even reminding you of your mother or father's voice.

3

Wounded Child / Ego

This voice is all the younger versions of yourself that are resting in your psyche. The wounds from your past, your unmet needs, your disappointments. Also, your joy /playfulness, your wonder for the world. This voice sounds like a small, younger voice (your past self) and usually can sound emotional or whiny, needy, jealous, defensive, angry or sad. It's also the voice of ego that wants to be right.

4

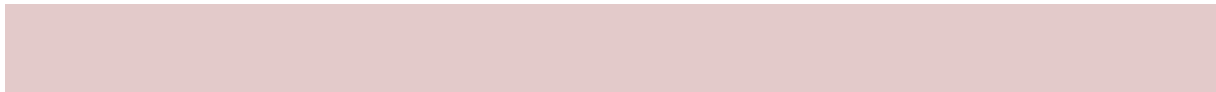
Higher Self / Intuition

This voice, at first, sounds like a soft whisper in your ear; it pops in your mind and is usually the first to speak before the other voices when in the midst of making decisions or scoping out new people or territory. Be careful to listen closely, because if you're not quiet enough you won't hear her. She is wise, all-knowing, connected to higher power and to your predetermined path. She knows what's best for you and where you ought to go.

Begin practising daily tuning inwards, listening to all those thoughts that swim through your mind and simply notice them. This is powerful because you begin to create **space** between you and your thoughts. This is key to becoming more mindful and to **detaching** from those anxious thoughts you experience when in relationship.

This space also creates a moment for you to **connect with yourself** and to actually give yourself some **nurturing self-talk** instead of react out of the wounded/anxious child that you normally would have in relationship.

Commit to this week of building this mindfulness practise by tuning inwards while you're doing mundane tasks like dishwashing, cleaning your house, showering, brushing your teeth, etc. It makes the world of a difference!



5 TECHNIQUES TO HELP YOU CALM YOUR ANXIETY IN THE MOMENT

1

Deep, Slow Breaths

Slow, deep, controlled breaths activates the **parasympathetic nervous system** which is responsible for relaxation and rest. To do this: breath in through your nose for 4 seconds, hold at the top for 2, then breath long, slow and controlled exhale for 6 seconds. Repeat 3 times.

2

Narrate what is happening aloud

Tell yourself what's happening in this very moment. "I am worried that I he is going to leave me... that he no longer cares... and I'm feeling anxious. I'm sitting here on my bed. It's gray outside. I am having a moment...." Narrating what's happening brings yourself back to this present moment and out of the anxious, emotional mind.

3

Compassionate self-talk: mirror

When you speak to yourself with kindness, respect and compassion, it releases the hormone **oxytocin**, which is the bonding hormone we normally experience when in the arms of a loved one. It's also a soothing hormone for our emotions. Speak to yourself as if you were speaking to a loved one: "It's okay that you're feeling this way... I know you don't enjoy this, but I'm here with you now. You know that he cares for you, he's showed you this in all these ways... let's sit here together for a moment and just breathe."

4

Snuggle with a teddy bear or blanket that's your comfort

The act of cuddling a pet, a teddy bear or blanket can soothe the nervous system as well. Pick your favorite comforting piece or pet and try it!

5

Distract yourself by "leaving the scene"

Sometimes the next best thing is to distract yourself from the anxious thoughts by changing up your scenery. Go for a walk, take yourself out for lunch, to a bookstore, or to visit a friend or family member. Nourish yourself.

HOW TO: PROCESS YOUR ANXIOUS THOUGHTS ON YOUR OWN

You can process by writing down your answers or answering them aloud.

What happened that triggered these anxious thoughts?

What meaning or interpretation did I make of this occurrence?
(Name all the thoughts)

What thoughts are actual facts or truths?

Which thoughts are actually my own fears of what "could happen" rather than
what IS?

What is a more reasonable, logical, even understandable explanation of this
occurrence?

What thought(s) am I now choosing to believe in reinforce today if or when
these anxious thoughts come up again?

HOW TO: MOVE FROM VENTING TO CONNECTING IN YOUR RELATIONSHIP

The answer is simple:

Be vulnerable!

But this isn't always easy, especially if you're one to not talk about your feelings, or you're someone who loves to talk about their feelings but always seems to end up guiltig, blaming or putting down the other person (or yourself).

How do you be vulnerable without blaming, criticizing or guiltig your loved one?

1

You focus on reporting your feelings about what happened-- NOT what you think the other person did or didn't do that upset you. That will come later in this guide!

2

Share with them why it made you feel this emotion.

For example, "I felt really sad and alone in this moment which made me feel scared, like a time when my mom accidentally forgot to pick me up after soccer practise and I was waiting in the field with the other parents for an hour, worried that she wasn't coming for me." Sharing stories from your past allow the person in front of you IN; it shows them another layer of why you are the way you are and creates connection, understanding and empathy/compassion.

HOW TO: SHARE YOUR INNER EXPERIENCE WITH YOUR PARTNER AND STATE WHAT YOU NEED

It's important to be crystal clear on what your specific needs are in a relationship.

Needs are different from values. Values in relationship are traits like “loyalty”, “honesty”, “intimacy”. Needs are **specific behaviors, interactions for specific moments**. It's how you wish to be treated and loved that feels right for you in a specific moment.

Understanding your needs is really important relationship work because our partners /friends/ family members cannot read our minds. This is where a lot of arguments occur. We or they get upset by not doing/acting/being what we really wanted them to do/be/behave. **Here are some examples of specific needs in specific scenarios:**

- ➔ When I'm down or upset I need to be checked-in with by the person who knows I'm having a hard time and not given space to be alone. This makes me feel loved.
- ➔ When I am upset I do not wish to be touched / hugged until I am ready.
- ➔ In conversation, I need to feel heard and my points acknowledged.
- ➔ When I am upset, I will sometimes need time on my own to collect myself and process my thoughts before I'm ready to speak again.
- ➔ I need cuddles or a long hug once a day from my partner to feel connected to them.
- ➔ I need to be able to have a dedicated time for a conversation with my partner after conflict.



Template

HOW TO SHARE YOUR INNER EXPERIENCE WITH YOUR PARTNER AND STATE WHAT YOU NEED

"I feel _____ when _____ .

What I really need is _____ ."

"When _____ , I feel _____ ."

"When I observe/experience _____ , I need _____
_____ ."

"Would you be willing to _____ ?"

"I wonder how we can think of a way to make this work for both of us...."

"With Anita's guidance and support I was able get clarity about the challenges I was facing, work on how to remain calm and constructive whilst being triggered, improve my communication methods and also find and release the root of a deep trauma that was impacting many aspects of my life in relation to others. Thank you so much Anita for sharing your knowledge and holding such a safe space for me and my healing"

NIMISHA,
LONDON,
ENGLAND

Bonus!

COMPASSIONATE LANGUAGE YOU (OR YOUR PARTNER) CAN USE:

I'm sorry you're going through this.

You are okay just as you are.

It makes sense why you feel this way.

I'm here for you.

I love you.

I know this is a difficult time for you.

You are not alone.

I believe in you / You got this / You can do this.

That must have been so hard...It's okay to feel this way.

I can understand ...You can count on me.

"My coaching relationship with Anita was based on a foundation of care, respect and trust in a very short time and I felt incredibly comfortable to the point that I felt I could really be vulnerable and open with her. My weekly sessions with Anita would leave me empowered, motivated and like I had been wrapped in a warm and cozy blanket."

HONEY,
TORONTO,
CANADA.

MEET ANITA

Anita Hisir is a trained and certified coach and founder for Inhervision.com. She works with both men and women who are either struggling in their relationship to keep the love or who are looking to attract new love in after a break-up or divorce.

Anita believes that in order to call in the partner you've always dreamed of, you've got to do the inner work on **you** first. One question she often poses to her clients is: ***Are you embodying the quality and level of love that you wish to attract in a partner?***



Want help?

- Are you looking for how to overcome your anxiety in your relationship so that you can focus on building connection rather than breaking it?
- Are you confused as to whether to continue in your current relationship or move on?
- Want to learn how to create boundaries that stick and, more importantly, how to confidently state your boundaries to a loved one?

Book a FREE 60-
minute
Coaching Call!

