



# Anxiety Reducing Ball Technique

**You will need a small ball, bean bag or even a small orange.  
Practice this exercise for 3 minutes a day, for 30 days.**

1. Think about something that makes you anxious - Speaking with someone, test anxiety, work situation etc.
2. Score the feeling 1 out of 10 with 10 being the strongest feeling. Now ramp the feeling up just a little higher. Ex. if you feel the anxiety is a 6, work at making it an 8.
3. While concentrating on what makes you anxious, throw the ball from your right to left hand and back again while keeping your elbows close to your body. Keep concentrating on the anxiety while you pick up a little speed. Throw the ball 20-30 times.
4. Now notice the anxiety and score it on a scale of 1 to 10. Did it reduce? Even a little?
5. Whatever the score, think about the anxious thought again and ramp up the feeling of anxiety even stronger.
6. Again, while concentrating on the anxious thought, throw the ball from your right to left hand and back again while keeping your elbows close to your body. Do this 20-30 times.
7. Repeat above again until the anxious feeling is below a 3 on the scale.
6. Now put ball down and do this process in your mind (close your eyes). See your self in your minds eye throwing the ball back and forth 20-30 times.

This process will work even if the ball is “imaginary” so after practicing with a ball over a period of time you will be able to use this process in your mind when having a ball wouldn’t be available or appropriate. (public speaking, talking with a boss or teacher, visiting a doctor, etc.)