

**Tracy:** I didn't leave the house. I only left the house when I had, you know, take kids to school. I pretty much was in my pajamas every day. I was in this constant state of panic and fear. I obsessed over my well being, I mean, constantly and had panic attacks daily, pretty much, and was in a pretty, pretty dark place feeling despair and hopeless and came across the program. It was just amazing how quickly I began to heal and recover and get my life back. Now, I get up in the morning, I get dressed and I don't dread getting up. You know, I was going out, I shared about going to the Christmas party work, Christmas party with my husband. You know, on the days that I still wake up and have anxiety or have moments of higher anxiety, I just, you know, I just do my best to accept it and keep going. Keep doing what I'm doing. Keep -- whatever it is, I may be doing at the time that it pops up, I just -- I observe it, I acknowledge it, and I say, you know, "Do you want to be here? Then be here." But I'm going to keep doing what I'm doing and try to focus on what I'm doing at the moment.

**Barry:** That's good.

**Tracy:** It's been quite an amazing, difficult journey. But I'm so blessed and thankful to the fact that I found this program. I enjoy life again.

**Barry:** That's great. I mean, you know, it's you that's doing the work and you've got to also reward yourself for that great progress, you know, because it does take a lot of courage to make that change. You know, the work isn't easy, using a program like Panic Away isn't easy. Do you give yourself credit for that? Tracy, isn't it?

**Tracy:** Yeah.

**Barry:** Yeah, do you give yourself credit for that?

**Tracy:** Yeah, I absolutely do because I think you get out of it what you put into it. It's not enough to just read the book and then put the book down and expect that you're going to be better. Just knowing, having the information is not enough. You have to apply it. You have to practice it every day. In these days that I have trouble, you know, with acceptance and I just accept that. I just say, "Okay, maybe this is just going to be one of those days." But I don't have it in me to or I don't feel like accepting or I don't know how to use the techniques today, so, whatever reason I'm just having trouble and that's okay, too. I just keep going and I accept those days as well.

**Barry:** Yeah, you have it down perfect. What would you say is the -- yourself now. I know you've hit on it there as you talk. But what would you say is the key difference between the old you and the new you?

**Tracy:** Well, I just have joy again. I don't have the fear that I had every day. I felt like I was in a constant state of panic. I don't have that anymore. I feel like I just have a new look on life.

**Barry:** Yeah. Your son wants to have a word as well.

**Tracy:** Yes. My husband was supposed to be home by 11:00 so...

**Barry:** That's okay. No worries. But that's great to hear, Tracy. It's your confidence is back as well. I can hear it in your voice as well like you're confident again.

**Trace:** Absolutely, yes.

**Barry:** You know, you're confident in your body's ability to handle the anxiety. Anxiety kind of shatters your confidence.

**Tracy:** Absolutely, that's exactly it. Because I just feel, like I said, I still have moments of panic or fear that may arise but the difference is my response to it. I can say, "Yeah, I feel a little scared right now. I'm having this sensation that's what's causing that fear, response to pop up." But I know that all it is, is the anxiety and it can't hurt me, so, let it be there and let your body do what it wants to do and you'll be okay. You know, it'll pass. I guess the difference is the, you're right, the confidence but also that fear response isn't always now the second response that I have.

**Barry:** Yeah. The acceptance is now your secondary response. The first initial wave -- Claire Weakes used to always talk about the first and the second wave of fear. The first wave, you cannot stop from happening. It's always the second wave that is what you respond to and you have that new response to. It really depends on how you respond to that second wave of fear, depends on whether you get stuck in an anxiety disorder or not. So, now, you've re-learned that when that second wave comes, you're having this open, gentle, accepting approach, compassionate approach, towards yourself and the anxiety and that immediately reduces it and doesn't keep you trapped in the anxiety loop.

**Tracy:** Yeah, absolutely. I think one of the other amazing and I've shared this several times about this program that I think is just such a blessing is that the people that I've met along the way, as you kind of go through this

process and you become more open with people and you share with people what you're going through, it's amazing how many people you meet that are going through similar things. You think you're alone in it and you're absolutely not. That as you begin to open up to people and share, you learn that there are so people out there going through the same thing. I've just had so many opportunities to share with people my journey but then give them the gift that Panic Away has given me. I'd been able to pass that along to them. That, to me, makes going through this, it gives it meaning.

**Barry:** Yeah. It's great to find a meaning in the anxiety. It's like this problem, this gift, that's wrapped up in a problem. As you heal from anxiety, you start to discover what that potential gift is. For some people, it is about helping other people. It's about helping them out, that same stuck position. Other people might find, it's just about a new inner confidence they have that they didn't have beforehand because they weren't challenged in that same way. It depends from person to person what eventually the gift that you take out of the struggle is out of the pain that anxiety has created. It can be very meaningful. It's powerful when you find meaning in struggle as Doctor Viktor Frankl talked about in his book, *Man's Search for Meaning*. It was all about, you know, people are happy when they find meaning and people move through difficult times faster when they find the meaning and purpose in it. So, that's great, and it's great to be able to help other people.

**Tracy:** Yeah, absolutely. I think that's how it is with anything in life. You know, any difficult thing you go through, if you can find meaning in it, it gives it purpose because if there wasn't any meaning to me going through this, then, there wouldn't be the drive to kill and recover from it. You know, if I thought, that I just went through this for no reason, then, you know, what would the purpose be? I think, when you get to that point that you realize, I'm going through this for a reason. I don't like that I'm going through this. It's absolutely horrible. It's been a very dark time. But when you get to the point where you can say, "I may not know yet what the purpose for me going through this is, but I know there's a purpose and it can be used for good." Then, I think that makes it easier to accept that you've gone through it.

**Barry:** Yes. To make that realization may come in the early stages or it may even take months or years even after recovery to fully understand what the whole process was about. Sometimes, the bigger picture isn't seen until you have more distance from it. But definitely, finding meaning in it, purpose, is such a powerful thing. Really, I think the most important or one of the most meaningful things you can get is to help other people with it because -- I'm the same as you. You know, when I go to a party, I spend my whole evening talking about anxiety and panic attacks because I talk about the work that I do. Everybody opens up and tells me about either a brother or a sister or

even themselves who suffers from anxiety or has that experience. It's so universal. It's just not -- people hold back a little bit because there's still is a bit of a taboo about it, about anxiety problems or disorders.

**Tracy:** Yeah. We put such a horrible stigma attached to it that people are afraid, I think a lot of people are even afraid to admit or recognize that they do have an issue of anxiety or panic. I think that's why because, well, what that does that mean about me or what will people think? I'm the same way. I'm very open about my anxiety and panic disorder. I think it does, it makes people more open to share themselves or to share. I think that's how I've met so many people that had not shared with anyone before nor did they know anyone that suffered the way they did until I opened up about what I have gone through. Then they felt secure enough to share that, you know, I'm suffering from this or, you know. Again, I think it's great when you can be open about it. I think it makes it easier. It doesn't put the pressure on you to try to hide what you're going through.

**Barry:** No. You make great connections with people.

**Tracy:** I know, yeah. I think everyone I know knows that I have anxiety and panic disorder so when I go out to a party or I go to a family get together, I don't have to try to put on a good face. You know, if I'm just not doing good that day, they know. I don't have to try to hide it or put on a good face.

**Barry:** Yeah. Just as I hear you talk about, "I have anxiety and panic disorder", talk about those labels very loosely because you'll soon be a person who doesn't have an anxiety disorder. The theory is that, when we use labels is that people attach themselves to it, so, they make a part of their identity which it shouldn't be. It's just a way of understanding anxiety. It's all just anxiety. It's something you move through in your life. It's a period in your life and you're moving in and out of it. Don't over identify with it.

**Tracy:** I actually don't feel -- now, I'm at the point I've gotten to, I don't feel like I do. I still struggle some days with acceptance. But, I mean, that's been on one of the great things going through this program, is I realized that I don't have a disorder, that this is something that I can move through and recover from. I mean, that's a great point. I don't want people to think that we should attach but, of course, when I started this program, that was the label that I had given myself.

**Barry:** Or people give you as well. Doctors might give you that label and you take it on, yeah.

**Tracy:** Exactly.

**Barry:** Working with Panic Away and the core concepts of it is all about acceptance. You'll hear me talk about things like compassionate, acceptance and gratitude and playfulness, being playful with your anxiety and all these other things. It's only more recently that it's dawned on me that all of these qualities are actually qualities of the heart more so than the head and the work is, in fact, really about moving from the head to the heart and getting your anxious mind out of the way and allowing your heart to heal the anxiety because when you're moving into a place of real acceptance, compassionate acceptance for yourself and the anxiety, that is something that comes from the heart. Our goal really with the work is to just keep moving the anxious parts, our anxious mind, just slightly out of the way so that you're allowed to heal. So, you have opportunities to heal. That's more of the bigger picture on the work but it's something to bear in mind is that anxiety is a very head kind of type experience. You get very caught up in your head with anxiety. It even helps just to be aware, to kind of shift your awareness more to your heart area and think, I'm moving into acceptance now of this experience. It's a much more open space. It's a playful place.

When I talk about coming up with a cartoon character for your anxiety or when you put a smile on your face when the anxiety comes up and you smile with it, all of that are qualities of the heart; playfulness, joy, openness, empathy, compassion. That is where I believe the real healing is happening from. Because with anxiety, we can only really manage it with our heads, with our minds, we can manage and control it. But to really get that full recovery, you bring in the heart like these qualities and that's where you'll see some really deep healing of the problem happening. It's a message we know and it's in all ancient text, that the idea that love heals fear and that's an essence of what the work is as well at the core if it. I haven't really spoken about that before but that's probably the big picture on Panic Away, on the work that it does.

**Patrick:** Barry, this is Patrick, if I could chime in on that. Yeah, I think that what you're saying about that is really one of the things I'm most grateful for with the program. Lately, I've been -- sorry, for my voice but I coach girls' basketball and I tend to get a little bit passionate in my coaching. Anyway, lately, I've been talking a lot about the monster character in the book. It's become very clear to me. Because I have been able to have the capacity as a result of being in the program of, having maybe some clarity or separation around how much I created that monster in it. That's an important acknowledgement for me because I always felt like, you know, I was just dealt a bad card of decks and I'm going to have this my whole life and there's definitely something wrong with me. But it's very interesting to me how I can look back at my years of anxiety and really clearly see how much my mind created this monster that I got so good at it that I didn't really even

know I was doing it. I got so good at it that it became a very strong habit and that it is that first, at least for me, that first thought or that first observation I have around it for so long and has become and was so automatic. I didn't know that until working this program and through practicing and practicing and practicing, coming up with this real strong visualization that in my mind, really did an outstanding job of getting in the way and making this monster so real.

But I did that, Barry. I mean I can really see that I created -- I mean what I'm coming to understand is, I'm an over synthesized person. That part of me, I don't know is going to change. I really don't care anymore because there's a gift to being oversensitive to. I mean, there's a gift of compassion, there's a gift of caring. That's a great quality of, I think all of us is that, we're so in tune with people's struggles and things of that nature, so, I'm grateful for that. I don't really care if that goes away anymore. I mean, as a matter of fact, I hope it doesn't, but -- and I know that it won't.

But I do have some clarity around the fact that I created a pretty good monster. I'm real good at creating a really scary monster. I love what you just said because it reinforced it more for me because if I can let my mind just put it to the side and put it on the shelf so that I get to my heart, it just becomes more clear to me that I'm really okay. I'm not that unique. I'm not that different than other human beings who also have fear and anxiety. It's just -- if I let my mind wrap itself around it, I know I have the capacity to create another monster if I want to, if that's what I allow myself to do, so, isn't it wonderful then I'll stop.

I use the word freedom. I really have a lot of freedom around the choice of what I want to do with my body sensations and my thoughts. I have more of a choice than I ever thought I did. As a matter of fact, knowing what I know now, what I've learned in Panic Away, I can begin to embrace and love myself and get to a point where, you know, actually, if the collateral damage you want to do is really going to determine and its okay, if you're not perfect at it. But the collateral damage you're going to do around this anxiety is something you have really much more of a choice around today than you have ever had before. If some days, I'm sure that the mark of it, Barry, I can really feel some compassion around that, too. I mean, I can begin to hear myself saying, "That's okay, Patrick. Don't be hard on yourself about that today." You're learning a different way to love yourself. It's not going to happen all the time perfectly. But god, Barry, how much better I'm at it today, it truly is, it's at its best. My compassion around who I am is at its best no matter what I'm going through when I'm in connection with my heart as opposed to my mind.

**Barry:** Yeah, that's exactly is. This is deeper work even than just working on anxiety. You can see that there's self-actualization and self-realization behind this as well, the same process. Because as you learn to accept anxiety, you learn to accept yourself as you were explaining. Maybe anxiety showed up in your life to give you those lessons, to teach you those things. I'm not saying it has but that's a possibility. And yet, anxiety sensitivity is something, I think, most people who suffer from an anxiety disorder have this anxiety sensitivity. It possibly is a genetic thing where you're just more sensitized to the world, like, you would have a more sensitized response to caffeine, bright lights, noises, all that kind of stuff, which is a more finely tuned nervous system. That does play a role definitely with a lot of people who suffer from anxiety.

So, being aware of that is a big step and then learning how to work with that, through acceptance, really can transform your life and get you out of the anxiety trap, that stuck place that anxiety keeps you. So, yeah, well said, Patrick, and great progress because in the end, isn't this probably the most important work that you need to be doing in your life is coming to those kind of realizations. If it's anxiety that's triggering it to get you to do the work on these things, then that's a good thing. That's a positive. That's the meaning that you find in your anxiety as we were talking about at the start.

**Kathleen:** Barry, this is Kathleen.

**Barry:** Hi, Kathleen.

**Kathleen:** Hi. When I first started the program, I really believed it was something that was happening to me and I had no control over it. Even after reading the book and the videos, I realized, "Okay, don't be afraid of it, don't be afraid of it." I still had to believe that it's something happening to me and it was Patrick on the calls that got me to realize how much control I have over this and Michelle making me believe, it's okay to be uncomfortable. Those steps, just hearing other people tell me that it's okay, it happens to them and I wasn't -- like I told Tracy the other night, I really thought I was going to go into a mental hospital and never see my family again because I had no control over my feelings. But once I realized to stop controlling, like Patrick taught me to love myself earlier this year. Like every day, we practiced saying things in the mirror of, I love myself and saying great things about myself. It was a really uncomfortable process for me to get through but it changed me to accept that I am feeding this. I don't have to be in control of it. I just have to realize, I was my own worst enemy and didn't know it. My progress just zoomed after I got to that place and now -- Tracy and I had a long talk the other night about, we can offer so much advice to people and -- the giving, it just makes it so much deeper.

Like you said, if it's coming from the heart, now, it's coming from the heart for me, not the brain, that it to even help people not to be afraid and tell them, it will pass. It's just a really dark place to start out with these horrible panic attacks that go crazy. But now, I'm -- for a while, I changed and said, I'm normal with this side of anxiety and now, I'm getting to a point where I'm like, I think this is my superpower. This is what I'm supposed to do in life is to go help people. Maybe this is my purpose, what I've been brought here for. I don't know. But it's a really good feeling to feel that I'm actually happy with myself finally. That was a long time coming.

**Barry:** Well, that's great. You were saying there about teaching about other people not to be afraid. Initially, when you first picked up the book, it was your head trying to get into the process. But then, eventually, when you dropped into your heart and allowed the acceptance to happen, that's where the courage comes from, as well, and the hope that you can recover from this. It's that energy that really drives it forward through acceptance, through pure complete acceptance. In a sense, what's happening is your heart is telling you, "It's okay to be afraid." You know, it's okay not to feel okay. When that's happening, that's coming from your heart. Those feelings, those thoughts, is from, like, what I call the deeper or the wiser you, the you that you want to be, the real you. You're getting that motivation from there. It's basically because you've allowed the door to open through acceptance. You're allowing that energy in through acceptance.

**Tracy:** Doesn't it help too, Kathleen, you think to, when we're able to help others, it really helps us in our healing process as well.

**Kathleen:** Hugely.

**Tracy:** I feel like the more I'm able to talk with other people who are just finding -- they're at their darkest place and are just finding that they're not alone. It actually, it has helped me in such a big way with healing in myself.

**Kathleen:** Yeah, and being very, very truthful the calls have helped me a lot and also helped other people. I can hear it when I share that I used to -- wear my bathrobe all the time. Like that one time, I told you, Tracy, that my first instinct originally was to crawl in bed and cry and you were like, "Oh, good. I'm glad I'm not the only one." A lot of people would be embarrassed to say stuff like that but the more we share, the better it is.

**Kathleen:** Yeah. You know, what I love, Barry, about this program is that, it really doesn't matter what -- I had someone. I was talking with someone the other night who I happen to meet just by circumstance which I believe was meant to be, someone who's in a very dark place right now, who thought she was



-- had been alone. I had a few amazing conversations with her and shared with her about the program and things. She asked me, "Do you know what or where your anxiety stems from?" I said, "You know, the wonderful thing about this program, I believe is that, it really doesn't matter where it stems from or what it stems from because we all have our stories. We've all, maybe had something difficult." But the thing is, that the anxiety, it really doesn't matter where it came from. You can heal and recover from it in the same way. I mean we've all talked, we've all felt the same sensations, we've all had the same thoughts. We've all pretty much gone through the same things. We all may have -- our stories may be different in the sense that, where we've tried to figure out where it stems from or a tough childhood or whatever, but it really doesn't matter because, at least from my point of view is that, you can't go back and change the past. There's no point in going back there and trying to figure out what made me an anxious person or what made me overly sensitive. It really doesn't matter because going through this process, you can heal and recover regardless of what and where it stems from.

**Barry:** Yes, that's right. It doesn't. The only thing, all of it is just about the present moment. It's now and it's how are you reacting to the anxiety now. It doesn't matter what the original cause of it. It's just about now and going forward, what is your new response to anxiety going to be, and that's where the recovery is. I don't think it's...

**Barry:** Yes, go ahead, Patrick.

**Patrick:** I figured it's so important when you talk about acceptance. When I listen to the videos and I read the book, it's such an important word and it's such an important concept to attach yourself to in the whole process. Acceptance, for me today, has such a different meaning than when I first started the program. That's one of the things that I'm so grateful for that I become to understand, at least for me, it's different for everyone, but what acceptance truly, truly is. For so long as well as everybody else, my biggest, darkest struggles were prayers of lifting it, prayers of wanting it to go away, prayers of I can't have a happy life unless this stops happening, unless this stops going away.

It is amazing to me that today, my meaning around acceptance is, it never enters my mind anymore, Barry. A lot of, I want this to go away completely and I can only be happy and free if it goes away completely because I want to be normal. What a freeing experience for me to understand truly what acceptance is because I really didn't have any idea of the true meaning of

acceptance and my degree of acceptance around this anxiety is at a level that I didn't know that I could ever get to. It is such a key for me to respect to the progress that I'm able to make because I think what I'm learning in my

journey is my level of acceptance around all this allows me to free up, to feel that fear that's really good stuff. I feel like when I'm in a true level of acceptance, even when I'm not having a good day, it frees me up to have different thoughts. It frees me up to have different feelings around substituting those for such negative feelings that I used to have. Then, even when I'm having a difficult day, difficult meaning that I'm not feeling good and that's really all it is, is that I'm not just feeling good today. It's nothing more, nothing less. My level of acceptance around that frees me up to put some good stuff in. I don't know if that makes sense but that's kind of what I'm experiencing.

**Barry:** Yes. You're talking and it's very true. Talking about the level of acceptance is key, as well, because acceptance is such a hard concept to get your head around initially. Your head can kind of, "Okay, I get the idea of acceptance." But to actually implement it right is the hardest part because there are levels of acceptance. You've got the mental level which is your brain disagrees with the idea of -- acceptance is, "I agree with that. I'll go along with that." But then, there's immediate resistance in that in terms of, "I'll accept it as long as it goes away." We know that that's not real acceptance. That's accepting to end it. When you drop down to really the heartfelt acceptance, kind of wholehearted acceptance of the anxiety, that's when -- as you've just described there, you say, "I don't need this to go away. I'd like it to go away. Sure, we'd all like it to go away. No one wants anxiety. It's an unpleasant experience but if it stays, I'm okay with that." That's where the real transformation happens. So, acceptance is a hard one.

**Patrick:** Yes. Well, if you had told me a year and a half ago, that I would be okay with being in an anxious state, I would have told you, "You're crazy. There's no way that guy works." But, it does.

**Barry:** Yes. It does. The other thing, the other thought I just had there is that, I know a lot of people feel, and we're talking about helping other people as well, feel that you have to be totally better. You have to be like, use the term as a full-recovery from anxiety. You just don't experience it or don't have a problem anymore. But that's not true. You can really help people even when you're equally as stuck because you're aware of what the solution is. Even if you're still very stuck in an anxiety disorder, we'll call it that, you can still guide other people. You can still help other people. The thing about anxiety is that everybody will always experience anxiety. It's just life. There's no person who doesn't experience anxiety. The difference is, is that you don't get stuck in it, into what's termed the anxiety

disorder, where it loops around and really disrupts your life. So, it just becomes like those waves on the ocean like everyone experiences. You can go up and down with it. Things happen in our lives that causes stress and anxiety. We can't avoid that. But when you've the right approach to it,

the right tools, then you move through it much quicker. You move through it like other people do. It comes and it goes. It's important not to get hung up on this idea as well of a full recovery. I have to be better before I can do this or that. Or I have to be better before I can help other people, anything like that. Those kinds of ideas limit you.

**Tracy:** I'm glad you brought that up because I actually, in meeting with and actually only over the phone but, I haven't met her in person. But in conversation with this lady that I've been having, it was actually a nice feeling and I think it actually helped her even more to know that I still have days where I experience anxiety or I just wake up and I feel depressed, whatever it may be. To know that, I can share with her that, "Yeah, I'm actually, today, I'm having a little bit, higher level of anxiety." But the difference now, what I've learned in this program is that a few months ago, if I had woken up with this feeling, it would have been panic. It would have put me into that fear of panic cycle where being able to share with someone who's in a really dark place to say, "This is what my journey has been. I'm not fully recovered. I still have --" Like you said, everyone in life will have it, experience anxiety from time to time, but that's the difference. Now, it's that, I can share with her. Yes, I'm experiencing that, too, today, and...

**Barry:** And it's okay.

**Tracy:** Yes, and that's okay. The difference is now, I can acknowledge it. I can accept it. I can continue to live and go and do the things that I have planned for that day whereas before, it would have paralyzed me. It would have stopped me in my tracks. I would have, probably, laid in bed all day like Kathleen said. I would have focused on it until it went away. I think that actually helps, sometimes, even more so when you talk about helping other people and sharing your experience that you're maybe, at a different level but you're able to kind of go alongside them and say, "It is okay. I'm feeling the same things today that you are. The difference is my perception of it and you can get to that point, too." I think it gives them hope in seeing someone who, "Wait a minute. They're experiencing all the same thing I feel today, but why is their perception so different? Can I get to that point?" I think that's really powerful.

**Barry:** Very powerful. Connecting with people like that is it helps because we like to connect. We like to help other people. It makes us feel good. It helps

them. What you're describing there is really you're waking up and you're saying, "I'm going to be comfortable with my anxious discomfort." That's really the difference. To sum up Panic Away as short as possible and if there are new people on the call, that's really kind of the core of acceptance as well, is learning to be comfortable with being uncomfortable, getting on

with life, not avoiding situations, and just allowing the anxiety to be present and not fighting it, not resisting it. So, when you get to that point, which you're describing there, Tracy, of just being comfortable with the anxious discomfort, that's when you see the real and great progress. That's that shift, the crucial shift.

**Tracy:** Yes. Absolutely. It doesn't mean that you like how you feel.

**Barry:** No.

**Tracy:** It doesn't mean that, like you said earlier, it doesn't mean that you wish it wasn't there, but it is nice that I am able to engage in life where I wasn't before. I was so paralyzed by it and so paralyzed by my fear of everything. I just felt like I was so afraid. I think, for me, I think I told my husband once. I said, "I'm so afraid of dying that I'm afraid to live." Because going through my anxiety and panic had created this. I think in all of us, that's like the big thing where everything we think is we're going to die. Any sensation we get, that's immediately where we tend to go. For me, now, being able to have those sensations but still engage in life and still enjoy life again whereas before, I would be paralyzed by it. I wasn't present. I felt like I walked around kind of like a zombie almost and where now, I can engage in conversation. I can go out to eat with my husband. I can go to a movie with a friend. I couldn't do any of those things just a few months ago.

**Barry:** Yes. You can do them feeling good or bad, is the point.

**Tracy:** Exactly. Yes. I went to the Christmas work party. I talked about before the party, getting ready, and being anxious and having those sensations but the difference is, at some point, I decided anxiety isn't going to make my decisions for me. That would have been my response before. Will I feel anxious or what if I get anxious so I better stay home. Now, it's like, if I have sensations or feel anxious and that thought pops out or maybe, you should stay home then it drives me even more because I say to the anxiety, "You know what? You could be there. If you want to come along, that's fine, but you're not going to keep me home. You're not going to make my decisions for me." I think that's one of the biggest differences.

**Barry:** Yes.

**Kathleen:** I really like what you said, Tracy, about, you're so afraid of dying, you're afraid to live.

**Tracy:** Yes, because you're afraid that anything you do -- I became so paralyzed by everything. I was afraid of everything. I thought if I leave the house, something horrible might happen and I might die. That's what I became. I live in my house. It was like I was waiting under the covers for something bad to happen. It was just strange. But at the same time, I thought that I was protecting myself.

**Barry:** That's great. We're talking a lot about big picture stuff and just staying on that is the fact that, the same approach applies to other uncomfortable feelings and emotions. It applies equally to depression or grief or even anger. The same approach of openness and acceptance because it's all about transforming this energy, this build-up of emotion instead of resisting it, instead of fighting against it. You can think about applying that, as well, with other feelings and emotions that you have that are uncomfortable.

**Kathleen:** Yes, and resentment.

**Barry:** Resentment, yes.

**Tracy:** I think so much of it, too, is just about letting go. We get sick or we think we're getting sick so we try to keep from getting sick because we know that may make us anxious or we try to control so much that it's -- It's funny. I never realized how much I try to control and until I started going to this program, I've learned to let go of just so much and just how freeing that is, as well, that learning and realizing that life is not controllable, that you just can't control everything. You just have to trust your body and trust yourself and just let go. I think -- like that time I shared about eating the uncooked burger. I took three bites before I realized it was really undercooked. Of course, anxiety set in. I thought, "Oh my gosh. I'm going to get sick from eating this burger." Later on, I get home and I tell my husband, "How long do you think before I'm going to know if I'm going to get sick from this or not?" He's like, "Oh, so many hours." I'm like, "Okay." Of course, I'm staring at the clock. Finally, he said, "You know, sweetie, if you're going to get sick, you're going to get sick, like, you can't prevent it now at this point."

**Barry:** Yes.

**Tracy:** He's like, "So, you can either sit there and watch the clock and think that you're controlling the situation or we can go..." We were actually, heading to town at that point, to go do something enjoyable. He said, "Or, you can enjoy." He was joking when he said this, but he's like, "Or, you can enjoy your last five hours of life and just make the best of it." It's just about bringing humor into those situations and just letting go and realizing, you just can't control everything. I know, now, when I get sick or I have a cold or I'm down in bed, yeah, it may heighten my sensations or my anxiety. But I

like to look at it as a time that we all need rest and we all need downtime. I look at it as an opportunity to do just that. I actually have a real excuse that I 'm sick, I'm not feeling good, so, I'm going to just enjoy the downtime and take the opportunity to rest. I think it's about letting that go, letting go.

**Barry:** It is, and you're dead right. That's a great example. As we get more anxious, the control level just goes up and up to the point where a really anxious person becomes agoraphobic because they can control the space at home but anything outside of that seems to be out of their control. Getting comfortable with anxiety, getting comfortable with exhaustion or whatever happens to you, allowing it, letting it go is the freeing part of it. Which yeah, for sure, control definitely rises as the anxiety rises, too. I think everyone can probably relate to that story you're telling about the burger. I'm sure people have other similar stories like that.

It's great to have this opportunity to get to talk to you, to catch up like this. I want to do it more often. I think this has been a good conversation because we kind of zoomed out and started just how to chat about the big picture about this work, doing this work. It's important to keep that in mind when you're doing that. So, I would say the final point from what I was saying is to just bear in mind, think about the wholehearted approach, really, of the work because that's really at the core of it. It is about bringing the heart in to heal the anxiety, so, it's a concept to bear in mind. Good.

**Tracy:** Great. Thanks, Barry, for coming on and being with us today.

**Barry:** Yes. No, I've really enjoyed it. It's been great. Talk to you all soon. Take care.

**Tracy:** Bye, everybody.