

**ANXIETY  
TRANSFORMATION:  
Five Steps Towards  
Inner Peace**



*David Paris*

Copyright © 2025 by David Paris

Anxiety Transformation: Five Steps Towards Inner Peace

All rights reserved.

ISBN: 979-8-26-9694-597

# Table of Contents

<b>Introduction</b> .....	5
<b>How to Use This Book</b> .....	7
<b>Disclaimer</b> .....	9
Chapter 1. <b>The Anxiety Transformation Backstory</b> .....	11
Chapter 2. <b>The Five Steps of Anxiety Transformation</b> ...	15
Chapter 3. <b>Why Anxiety Transformation Works</b> .....	27
Chapter 4. <b>Troubleshooting</b> .....	37
Chapter 5. <b>Anxiety Transformation Sessions</b> .....	41
<b>Acknowledgements</b> .....	69
<b>About the Author</b> .....	71



# Introduction

This book introduces you to *Anxiety Transformation* — a powerful, step-by-step approach to transforming the thoughts and emotions that weigh you down. Through curiosity, embodiment, and creative expression, you'll learn to move beyond distress and into a deeper sense of peace and clarity.

Each step builds upon the last, guiding you to:

1. **Articulate the thoughts and judgments** causing your distress.
2. **Activate curiosity** to shift your perspective.
3. **Engage your body** as a vehicle for release and insight.
4. **Ask and answer the essential question.**
5. **Create an action plan** for lasting change.

## Anxiety Transformation: Five Steps Towards Inner Peace

---

By integrating your mind, body, and curiosity, you'll learn a powerful method for transforming your anxiety into peace, resilience, and empowered action.

### Why This Method Works

These steps may appear simple, but their power comes from how they engage both your mind and body by:

- ✓ **Interrupting** anxious thought patterns with curiosity (Steps 1–2)
- ✓ **Using** your body as a vehicle for expression (Step 3)
- ✓ **Rewiring** beliefs (Steps 4)
- ✓ **Anchoring** change through action (Step 5)

# How to Use This Book

## 1. Experience the power of partnership

**W**hile you can practice Anxiety Transformation alone, it's far more effective to do the process with someone — a friend, family member, or counselor. Choose someone who listens well and can be present for you. We will refer to this person as your “coach” in this book.

## 2. If you are doing this process by yourself, state your responses out loud

While having a partner is ideal, you can still do this process on your own. Just speak your responses out loud and then immediately write them down. You may also choose to record yourself throughout the process. The act of being “seen” by the camera can mimic the energetic experience of having a witness, making the expression feel more complete and meaningful.

### 3. Complete each step in order

Each step builds on the one before it — like a ladder. If you skip a step, you miss key skills needed for the next part.

### 4. Stop if you ever feel the need to stop.

It is common and healthy to experience strong emotions, including tears, during this process. This can be a powerful release of pent-up energy and a sign that you are touching on something real and important. However, if at any point you feel significantly worse rather than better, or if you feel flooded or overwhelmed, please stop. This is a signal to pause. Honor that signal.

# Disclaimer

The content presented in this book is intended for informational and educational purposes only. It is not intended as, and should not be considered, a substitute for professional psychological, psychiatric, medical, or therapeutic advice, diagnosis, or treatment. Readers are advised to consult a licensed mental health professional or medical provider for any concerns regarding mental health, emotional distress, or physical wellbeing.

Participation in the described activities is voluntary and undertaken at the reader's own risk. Individuals are encouraged to use discretion and prioritize their safety and comfort when engaging with any part of this material.

By using this book, you acknowledge and agree that the authors, contributors, and publishers shall not be held liable for any direct or indirect damages, losses, or consequences resulting from the use or misuse of the information contained within.



# The Anxiety Transformation Backstory

After three months in the hospital with COVID, one month in a coma, and four cardiac arrests, I wasn't just fighting a virus — I was fighting my own mind. The aftermath left me with an anxiety disorder and PTSD so severe that for 3 ½ years, every day was a battle to want to live. The pain wasn't just physical; it was existential. Thoughts about death and the meaning of life coiled around me like barbed wire. Almost nothing could quiet my storm.

Out of necessity, I researched and developed a technique to free myself from the pain of the past and my fear of death. I used a variety of modalities from my life to create five steps that gave

## Anxiety Transformation: Five Steps Towards Inner Peace

---

me the only respite from my agony. This became the basis for Anxiety Transformation.

Step 1, *What's Bothering You?*, emerged from my marriage and subsequent divorce. My ex-wife and I both fought over who would be heard first and it didn't end well. I consequently immersed myself in communication training and learned about the power of listening to someone, especially those you care about.

Step 2, *Activating Curiosity*, evolved out of mindfulness training and from Judson Brewer's book *Unwinding Anxiety*. Both resources taught me that being curious can be a powerful antidote to anxiety.

Step 3, *Embodying the Question*, emerged from somatic work, dance education, and Authentic Movement. I learned to dance as a tool of expression for my inner experience.

Step 4, *Empowering Beliefs*, came from my experience as a life coach. We can all benefit from identifying and choosing beliefs that empower our lives. In my own life, for example, I needed to believe that despite my compulsion to find a universal truth, I would never discover just one meaning for life. Meaning was personal. When I embraced that belief, my death anxiety subsided.

Step 5, *Action Plan and Accountability*, also emerged from my life coaching training. Accountability doesn't always work, but it

## The Anxiety Transformation Backstory

---

does increase the probability of success. And sometimes, even the smallest act can be the catalyst for major change to occur.

Step 6, *Anchoring Your Transformation Through Creative Expression*, was inspired by the last part of my own recovery. When I started performing about my near-death experience, I felt whole again. As someone who reclaimed their own artistic process, I knew art was crucial for integrating the Anxiety Transformation experience, deepening connection, and providing agency for lasting change.

In 2024, I started testing these steps with dozens of people. Ninety percent of the participants reported immediate satisfaction and anxiety reduction. One month later, 75 percent of the participants reported that their emotional state had improved after just one session. I clearly had stumbled upon a powerful process that could help people transform their anxiety. This experience inspired me to write this book so I could share this method with others.



# The Five Steps of Anxiety Transformation

## STEP 1: What's Bothering You?

1. **Your Anxiety Transformation coach asks you:** *“What is one thing that is bothering you lately?”* (alternatively: *“What is one thing that worries you?”* or *“What is one thing you are concerned about?”*)
  - a. Go with the *first* thing that pops up in your mind
  - b. Feel free to revise your topic

## Anxiety Transformation: Five Steps Towards Inner Peace

---

### 2. Respond to your coach with the first thought that comes to your mind.

- a. If your mind races to five problems, pick the one that resonates with you most strongly.



#### **Coach's Guidelines:**

Your job: **stay silent**. Your role is to listen and hold space, like the sky holds the clouds — without fixing, judging, or filling the silence. Breathe, stay present, and let your partner feel heard.

## STEP 2: Activating Curiosity

1. Your coach asks, “*What’s one question that encompasses that worry/concern for you or that bothers you?*”
  - a. If a question doesn’t come immediately, give yourself a minute.
  - b. Allow yourself to try out a few variations if you are not sure.
  - c. You can ask for help if you are having trouble coming up with a question.

### Examples:

1. If you are concerned about a relationship, your question could be “Will we ever stop fighting?”
  2. If you are worried about money problems, your question could be “How will I get out of debt?”
  3. If you are bothered by existential thoughts, your question could be “What happens after we die?”
- 
2. When you land on your question:
    - a. Say your question out loud for your coach. Don’t try to answer your question.
    - b. As you say the question out loud, experience your curiosity. Notice how you feel and notice your body’s sensations.

## Anxiety Transformation: Five Steps Towards Inner Peace

---



### **Coach's Guidelines:**

1. If your partner asks you for help, try sharing an example without explaining it or taking over their thinking process. Whether you help them or not, just the attempt to assist will be helpful.
2. Let your partner have their process and be their supportive witness. Your ability to be with your partner calmly and without judgment creates a space for healing and growth.