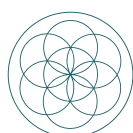




Resolve Anxiety

*A Guide to Understand What It's
Really Trying to Say*



CLAIRE CHANCELLOR

Welcome



Welcome to Resolve Anxiety: A Guide to Understanding What Your Anxiety is Trying to Say ...so you can change it.

Life can feel overwhelming, especially when anxiety takes over in moments that seem small but feel massive. You don't have to navigate this alone.

This guide is your roadmap to understanding anxiety at its root, not just calming the noise, but decoding the message beneath it. When anxiety shows up, it's not random. Your system is protecting you, activating responses like fight, flight, freeze, or fawn. These aren't flaws. They're patterned reactions to emotional terrain that once felt unsafe.

The good news?

You don't have to manage these patterns forever. You can resolve them. Anxiety isn't just a feeling; it's a signal. It points to unmet needs, old beliefs, and protective loops still running the show. By exploring these with curiosity (not frustration) you'll begin to intercept spirals and shift the story they're telling.

As a Master Coach and NLP Trainer, I've helped countless clients rewrite the patterns that keep them anxious, stuck, or second-guessing. This guide is designed to be practical, intuitive, and lasting.

What You'll Gain from This Guide:

- ✓ Understand emotional triggers and decode what they're protecting you from.
- ✓ Learn "how you do anxiety" and how to intercept the spiral.
- ✓ Rewire patterns at the root for clarity, confidence, and inner ease.

This is your starting point, a gentle, powerful process to reclaim nervous system safety, reconnect with your body, and feel at peace in your mind.

Let's turn anxiety into insight ...starting now.

✨ Ready? Let's begin

Claire Chancellor

clairechancellor.com.au

LISTEN TO CLAIRE TALK
ABOUT ANXIETY

Remember...
Anxiety is something
you can resolve.

*That's exactly what we'll
explore together.*



Anxiety Is Trying to Protect You

Let's jump straight in. I'm here for truth, not fluff. I pride myself on simplifying the complicated. This is how I explain anxiety to my clients when their minds feel tangled and their bodies are on edge.

Anxiety is your mind fast-forwarding into the future, trying to prepare for imagined worst-case scenarios. It's your system working overtime to protect you from emotional or physical threat, even if that threat isn't real in the moment.

Not everyone experiences chronic anxiety. But if you constantly feel wired, tense, or trapped in your head, something inside you is trying to protect what it once feared losing.

Here's how I frame it: As a child, you may have been on your merry way, carefree, and trusting. Then one day, something changes. Maybe your parents announced their divorce as Dad closed the door. Maybe you're left waiting after school, and nobody showed up. Whatever it was, the rug got pulled out from under you. And in that moment, your unconscious mind made a decision: **"Never again can I be on my merry way. I need to be on alert to stay safe."** From that moment forward, your inner protector scans for any signs of rejection, exclusion, being overlooked or unsafe.



If you've ever asked yourself, Why can't I relax like normal people? ...You're not alone. The belief that you need to stay on guard to navigate life runs deep. You might try to meditate, calm down, relax... but it doesn't seem to work. That's because your system has already pinned a rule: **It's not safe, smart, or doable to relax.**

You're right ...you've gathered proof that when you drop your guard, things tend to fall apart. So now, feeling calm doesn't come naturally. It feels like you have to force it.

You push yourself to slow down. You rely on willpower to switch off. And sometimes, your body takes over, shutting down with health issues just to make you rest. That's the paradox. You're trying to quieten your mind while staying alert for problems. The more you try to relax, the more tension you feel.

Thankfully, this can change.

A Clear Path Out of Burnout & Anxiety

How Did You Develop Anxiety?

As we've explored, anxiety is future-oriented. It prepares, predicts, and protects, especially when past experiences have been inconsistent.

Children raised in unpredictable environments, where conditions shift depending on a caregiver's mood (often shaped by mental health, financial circumstances or other instability), learn to live in a state of constant uncertainty. They never quite know what's coming, what's expected, or how to show up.

Without a strong foundation, like the footing that holds up a home, they struggle to develop an identity rooted in internal validation:

- Who am I here?
- What's mine to carry?
- What choices are even available to me?

Without self-worth encouraged, the question becomes: "How do I be?"

Many adults who grew up in emotionally unstable environments often describe feeling lost, disconnected from a grounded sense of self. They're unsure of who they are or how to confidently bring that version of themselves into the future, making decision-making difficult, as they doubt themselves and want to please everyone involved.

Early unpredictability leaves a deep imprint. And the nervous system tries to protect them from that uncertainty by stepping in with:

- Hypervigilance
- People-pleasing
- Perfectionism
- Constant scanning for what might go wrong

It's not just about what's happening now; it's the lingering fear of what could happen next. The future feels unsafe because the inner foundation, "who I am and what I stand for," still feels shaky. Without that anchor, even everyday decisions can feel overwhelming. It's often why someone may be drawn to a partner who seems steady, directive, or in control.



Anxiety Is Trying to Protect You

When anxiety kicks in, it can feel overwhelming, such as heart racing, sweaty palms, spinning thoughts, tense stomach. At its core, anxiety is your body's alert system. It grabs your attention for a reason. It releases adrenaline and cortisol so you can take action and stay safe.

This system works brilliantly in moments of real danger, Such as being at the beach and spotting a sign that reads "Sharks." You wouldn't stroll into the ocean, smiling serenely. You'd stay back, eyes alert, instincts switched on. That spike of anxiety? It's what helped you survive.

Without this internal alarm, you might miss the message entirely. That's why you need it, like a finely tuned car alarm built for protection. Your unconscious mind and nervous system are always scanning the environment, like internal lifeguards watching for 'sharks.'

These threats don't always look physical. They show up in conversations, emails, work meetings, or even silent moments. Your system quietly reacts: "Last time I saw this... it meant ...problems."

Your reaction to someone questioning you in an email might not be about now. It may be about the past when you were not prepared, lacked the resources to cope with someone challenging you, or you were left excluded. Your body responds with that emotional trigger, alerting you that it is picking up on a potential problem.

When anxiety shows up, it is worth checking in:

- What is this alert system trying to protect you from?



Healthy vs. Chronic Anxiety

Anxious individuals often carry remarkable traits beneath the surface, qualities shaped by a nervous system that's always alert, always scanning, always preparing.

- They're deeply solution-focused
- Motivated to make a meaningful impact
- Highly attuned to future possibilities
- Naturally creative thinkers who offer fresh perspectives

This kind of sensitivity allows someone to anticipate needs, spot gaps others miss, and take action with care and precision. That's how healthy anxiety works. It knows when to arrive and when to leave. It shows up in appropriate moments: nudging you to prepare for a deadline, slow down in a storm, read the signs, or stay alert when risk arises. It's proportional, temporary, and self-regulating, allowing the system to settle.

Chronic anxiety doesn't allow you to settle; it drives you to be wired and tired. It lingers, creates mental rumination and exhausts you over time. That's why chronic anxiety is often the beginning of deeper health concerns. Your body stays on high alert, caught in loops of tension, racing thoughts, sleepless nights, and overreactions that feel way out of proportion. This is your nervous system picking up on cues it once associated with danger. Even if your environment is different today, the imprint remains.

Your body remembers what once protected you, even if that protection looked like hiding, staying quiet, or shrinking. So when someone sends a sharp email, your system might panic or withdraw. Not because of this person, but because it picks up on an old familiar pattern: "This feels like being singled out, dismissed, or rejected... again." That's why symptom management isn't enough. You have to go beneath the response to where the original meaning was formed.

Your looping thoughts are trying to find the solution as you replay past moments, asking: "Should I have done something different? Next time it happens, I will be prepared" But your conscious mind doesn't store the full picture. It keeps fragments, not context.

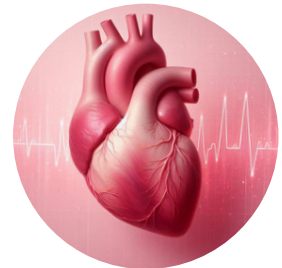
Healing doesn't happen by overthinking. To truly release what's trapped, you must get curious to go within to explore what's caused this emotional trigger, so you can turn off the pressure valve. In doing so, you give your future self freedom from chronic stress, tension, and burnout.

“Anxiety Will Always Find Somewhere To Go.”

Emotional triggers are powerful, instinctive responses rooted in unresolved experiences. They bypass logic and activate a charged physical reaction when a situation echoes a past wound. You’ve likely felt it: that sudden surge of energy when someone’s words (or even their silence) strike a familiar emotional chord.

This can show up physically as:

- A racing heart
- A sinking feeling in your stomach
- A dry mouth
- A rush of panic



And feel like:

- Fear of judgment
- Shame
- Guilt
- Anxiety or stress



If the mind isn’t sure how to express the fear, the body will:

- For some, it’s tension before logging into a Zoom call.
- For others, exhaustion comes after a challenging conversation.
- For many, it’s panic in an elevator, at the gym, or walking into a room where they feel unseen.

These emotional reactions are signals from your unconscious mind, calling you to look deeper. They often reveal where you’ve been handing over your power, hoping others will prove that you matter, that you belong, and that they’ll protect you from the worst-case scenarios your mind is preparing for.

But here’s the thing about anxiety:

No amount of giving, helping, or tolerating will ever guarantee that validation. It keeps you chasing reassurance without ever feeling truly safe or settled. That’s why we do the inner work. To change the childhood meanings, beliefs, and patterns that shaped how you show up.

Once the mind recognises the real root of the threat (often misassigned in childhood), the body no longer needs to protect itself in the same way. So you can finally reclaim your worth, not from anyone else, but from within yourself.

You no longer have to manage unhealthy anxiety, as the triggers no longer scream for your attention.

A Clear Path Out of Burnout & Anxiety

The Meaning You Put To Events

Connection is essential in childhood, just as important as air.

When we're young, our nervous systems are wired to seek closeness and belonging. We look to our caregivers to understand how to behave, what's safe, and who we need to be to stay connected. When that connection feels threatened, it doesn't just feel uncomfortable; it feels unsafe.

Every experience that confused, scared, or unsettled you didn't just pass through. It left a mark. Your unconscious mind stored it. Not just the moment, but the meaning you gave it.

If Mum cried, you might have thought, "I must've done something wrong."
If Dad seemed stressed, you might have learned, "I shouldn't ask for anything."
If you heard possums in the roof, maybe it felt like, "It's not safe to sleep alone."

Those interpretations become survival strategies. They shape what feels safe, what feels risky, and what should be avoided, even years later. That's why your body still responds with anxiety today. Even when it doesn't match reality, your nervous system holds onto those early patterns until you learn how to update them.

This is why we are required to question the truth of our beliefs formed from childhood. Are they working for you? or is it time to rewrite them?



Your mind puts meaning to all your experiences:

You might see Mum's face light up when you walk into the room and put a meaning to it:

"I matter. I am safe to be me."

This is now a belief.



Your mind puts meaning to all your experiences:

You might be bullied at school and put a meaning to it:

"I am pathetic. There is something wrong with me"

This is now a belief.

You Don't Need to Manage Anxiety Forever

When something felt overwhelming or unsafe as a child, your nervous system formed beliefs designed to protect you, even if those beliefs were inaccurate.

Let's explore a real example:

A client was bullied as a child and locked in a cupboard. They described how they were alone, powerless, and terrified. They screamed for help, but no one came. The door stayed closed. The space was dark and suffocating.

Years later, they experienced panic attacks in adulthood, particularly when confined in small spaces like elevators or enclosed offices with automatic doors. Their body responded with a surge of cortisol, sweats, and racing thoughts, starting their day in a storm of stress. This anxiety was the alarm to get out of the small space.

At first glance, it appeared they were afraid of confined spaces. But when we traced it back, the root cause wasn't the cupboard. It wasn't the closed door. It was the lack of protection in a moment when help never came. Their nervous system had formed this unconscious belief: "Small spaces = threat. Closed doors = danger."

The truth is, the threat and danger weren't about the space; it was about what didn't happen inside it. It was the absence of safety, support and being heard as a child.

As an adult, the danger wasn't the elevator; it was the memory of being helpless. And something shifted. Once the nervous system understood that the original danger was no longer present, it no longer needed to fire off alarms. The client could walk into the elevator with ease. No panic. No protective surge.

Root-cause resolution isn't about rehashing trauma; it's about giving your nervous system a chance to complete the story. To revisit a moment of confusion, fear, or isolation and offer it clarity, support, and new meaning. Because when the body finally knows:

- "I'm safe now."
- "I'm not five anymore."
- "I get to choose differently."

Then anxiety doesn't have to keep sounding the alarm.

A Clear Path Out of Burnout & Anxiety

How Do You Do Anxiety?

One of my favourite questions to ask is: “How do you do anxiety?” The answers are always revealing.

When someone says, “I have anxiety,” it can cement a fixed identity. It starts to feel permanent, personal, and unchangeable. That’s one of the traps in the mental health system; it teaches people to wear the label rather than understand the pattern.

But when we shift the lens to ask:

- How does anxiety show up?
- How do you respond to triggers?
- How does it move through your thoughts, body, and reactions?

...we begin to see movement. We begin to see choice.

Imagine anxiety as a dance you didn’t choose. You never asked to learn the steps, but over time, your nervous system memorised the dance for survival.

You might find yourself:

- Stepping into people-pleasing
- Twirling through hypervigilance
- Freezing at the sound of uncertainty

Once you become aware of the choreography, you have a choice.

- You can pause the music.
- You can change the tempo.
- You can learn a different dance.

The beauty is, you’re a quick learner. Anything you’ve practised over time can be unpracticed, too, with awareness, intention, and compassion.



A Clear Path Out of Burnout & Anxiety

What Triggers Your Anxiety:

Let's explore what triggered your anxiety. I invite you to think back to a recent moment when anxiety crept in. You were fine, and then suddenly... not.

In that moment:

- Did you hear something?
- See something?
- Did someone say something that got your attention?

How did your body respond?

- Sweaty palms? Racing heart? Shortness of breath?

And how did you feel?

- Did you feel shame? fear? guilt? Or rejection?

And how did you respond?

Did you get louder? Withdraw? People-please? Shut down? Conform?

Your answers will help you associate with the memory, so you gain accurate insights into "how do you do anxiety" and the patterns that go with it.

This is where we laser focus:

- What did you hear, see, or sense that started the chain of events leading to an anxious response?
- What meaning did you put to that experience?
- Notice how your body tried to protect you from your assumed meaning?
- Check within, is it true you needed protection?
- If so, from what specifically?
- If you were in a similar situation, how would you approach it differently?

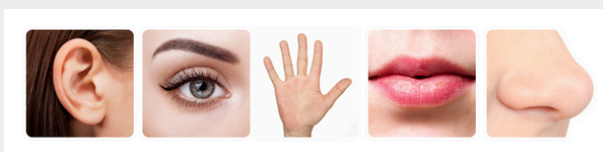
On the next page, you'll explore the finer details of an emotional trigger. This is the internal sequence your body will go through from getting on with your day to generating anxiety. Once you understand this, you can do something about your anxious response.

Finer Details of an Emotional Trigger

1. ONE

Your five senses & the outside world:

An external event occurs, and we take notice of it through sight, sound, touch, taste, or smell. This initial sensory interaction is the first step in the chain reaction that can lead to an emotional response.



Example:



A colleague says, "Your idea won't work." Upon hearing their comment, your nervous system quickly assesses the situation before you even have time to think logically.

2. TWO

Body's Response: Scanning to Protect You

Your nervous system detects a familiar pattern and triggers a stress response, racing heart, dry mouth, tense muscles, or shallow breathing, preparing your body to react, even if the threat isn't real. It wants to protect you. Your sensory awareness is unconsciously matching this moment to past experiences.

Example:



Your heart races, triggered by the fear of exclusion or having your competence questioned. These physical sensations are your body's way of responding to perceived pressure, a signal of a potential threat to your sense of belonging.

Finer Details of an Emotional Trigger

3. THREE

The Mind Activates Beliefs & Feelings

Once the body reacts, the mind steps in, interpreting the experience through past beliefs and emotional patterns. These thoughts reinforce the emotional response, leading to feelings of anger, anxiety, frustration, or sadness.

Example:



You may feel frustrated or angry as your interpretation uncovers deeper feelings of inadequacy or rejection. These emotions stem from perceiving others as having power over you or relying on their validation, similar to how your mind once viewed parental figures.

This leads to confusion and a rush of questions, further intensifying your stress.

4. FOUR

Behaviour: You Do What Worked In The Past

Your unconscious mind instinctively falls back on familiar childhood patterns, whether that's submission, defiance, or emotional withdrawal, as a way to cope with stress and perceived threats.

Example



In the meeting, you might react by becoming snappy or withdrawing, unintentionally signalling that the comment affected you. This response mirrors how you once handled stress as a child. With emotional security, you would remain neutral and calmly seek clarification instead.

Finer Details of an Emotional Trigger

5. FIVE

Consequence: Regain Control or Stay In Stress

At this stage, you have a choice: Do you do the inner work?
Or do you continue to spiral in stress, to meet others' expectations?

Do The Inner
work?

With the support of a coach, you uncover an unconscious belief shaping your perspective, such as "My ideas aren't good enough." is from childhood bullying.

Or Continue to
Stress

Social anxiety starts to build. You second-guess yourself, shrink back from opportunities, and eventually take sick days because your body is stressed.

6. SIX

Growth, Learning & conclusion.

Two paths, two outcomes: Stress leads to shrinking, less visibility, less vitality, less joy.

But inner work? That's where things shift. You learn to meet your triggers with compassion, not avoidance. You reclaim your voice, your vision, your worth.

Do The Inner
work?

You start responding with awareness and choice. Your confidence builds, allowing you to handle similar triggers with greater ease and step into a more empowered version of yourself.

Or Continue to
Stress

Your self-worth drops. Anxiety spirals into depression. You take a pay cut. Your career stalls. Relationships strain. Isolation creeps in. You learn, "yes, Your idea won't work."

Finer Details of an Emotional Trigger

7. SEVEN

Identity: Who You Choose To Be

You now hold awareness, choice, and self-trust. Every trigger becomes an opportunity to redefine yourself, to remember who you are, and release who you no longer need to be. Are you stepping into confidence?

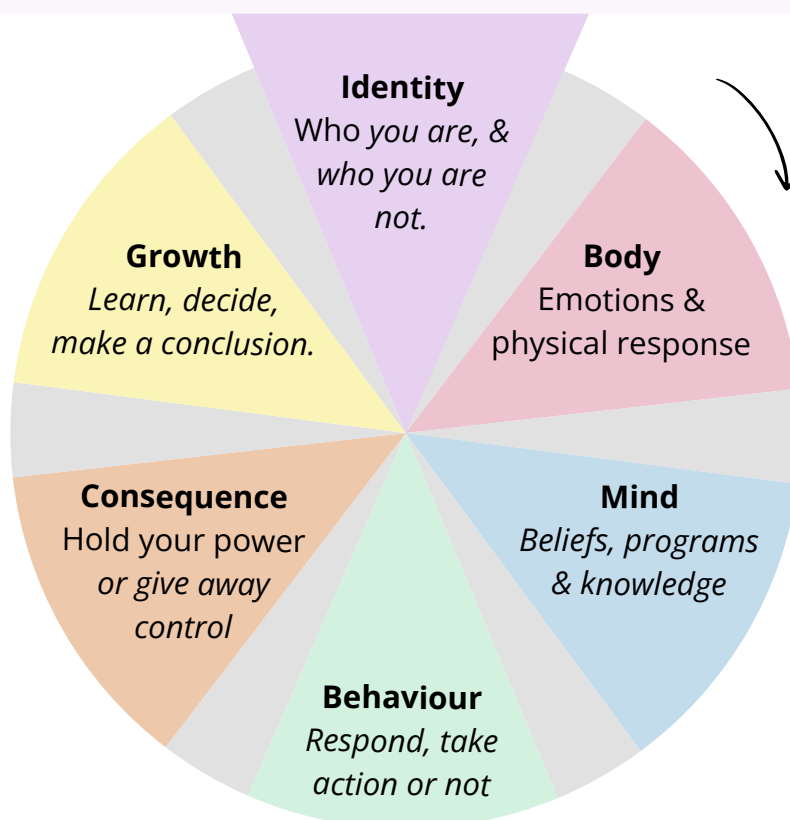
Or defaulting to familiar patterns?

With the right tools and support, you can choose growth consciously, consistently, and powerfully.

Example:



Assuming you do the inner work, you step into your empowered self. With confidence, you approach meetings with clarity and constructive questions. As a result, projects succeed, and you earn a well-deserved promotion, proof that your self-trust has reshaped your reality.



Cycle starts again with the next emotional trigger you are exposed to.

*Personal freedom begins when
you show up as YOU*

...free from the anxiety that someone
might reject, judge, or shame you.



Everything you want starts
with your self-worth

A Clear Path Out of Burnout & Anxiety

Self-Reflection & Inner Child Journaling

These questions will help you notice how you react to emotional triggers. By taking time to reflect, you'll uncover patterns that affect your well-being.

- ✅ **Grab a photo of your younger self, if you have one.** This serves as a reminder of the little you who once experienced these emotions. Holding this image as you reflect can deepen your connection to your inner child and encourage self-compassion.
- ✅ **Create the Right Environment.** Find a quiet space where you can reflect without distractions. Take your time; pause and revisit this process as needed.
- ✅ **Be Curious, Not Judgmental.** Approach your emotions with openness instead of criticism. Self-awareness begins with observation, not self-blame.
- ✅ **Trace Your Thought Patterns.** Notice the first thought that comes to mind. It often holds deeper emotional truths before logic steps in to rationalise or override them. Emotions don't follow logic; they serve as signals guiding you toward what needs attention.
- ✅ **Reach Out if Needed.** If certain questions feel challenging or bring up strong emotions, don't hesitate to seek support. Share your reflections with a trusted friend, mentor, or coach who can help you process them.

✨ You've Got This!



(Yes, this is me—Claire Chancellor, when I was about seven.)

A Clear Path Out of Burnout & Anxiety

Inner Child Journaling

Recent Event Reflection

Think of a recent moment in your adult life that triggered strong emotions.

Maybe it was a conversation, a challenge, or an experience that left you feeling stuck, frustrated, or overwhelmed. Close your eyes and replay the event in your mind ...slow it down, notice the details, and observe the emotions that surfaced.

What did 'grown-up you' feel in that moment?

Where were you? Was anyone with you?

What did you see, hear, or say to yourself when you were triggered?

What thoughts, ideas, or conclusions came up for you?

Connection to Childhood

Think back: Have you felt this emotion or reaction before in your childhood?

What comes to mind when you reflect on what was happening back then?

How did you feel as a child in that moment?

A Clear Path Out of Burnout & Anxiety

Inner Child Journaling

Continued... Connection to Childhood

When childhood triggers surfaced, how did you usually respond back then?

Did that response help you? Did it lead to the outcome you needed?

What did that little version of you need? ...A hug? Reassurance? To be seen? To be heard? Or a new perspective?

What would you say to a child to help them feel understood and supported in this situation?

As an example: "I know there was a lot of chaos and confusion. The grown-ups in your life made mistakes. You were never the problem. You need to know, it was not your fault. I see you, and I understand why you feel this way. I love you, and I'm here to listen and support you. Your feelings matter. You deserve to thrive. It will get better, and you are not alone. We're in this together."

Can you now give that part of you what you need?

A Clear Path Out of Burnout & Anxiety

Inner Child Journaling

Lessons and Moving Forward

As children, we often feel powerless to create change. To cope, you may have learned to:

Shrink yourself,

People-please,

Push harder,

Be a perfectionist,

Micro-manage/ control,

or become rebellious.

These strategies may have helped protect you back then, but as an adult, you've outgrown them. Now, your emotional triggers invite you to release outdated patterns and step into a more empowered version of yourself.

Reflect on what you've learned from past experiences and what new choices are available to you. For example:

*Replace: "I can't trust anyone" with →
"I trust myself to choose safe connections."*

*Replace "I am only valuable when I prove myself" with →
"My worth is intrinsic and does not depend on others' approval."*

What new insights can help you navigate challenges differently?

As an adult, do you still feel powerless? Or is it time to embrace the possibility of choosing a new path forward?

How would your life change if you believed and knew you were powerful?

Inner Child Journaling

Self-Care & Integration:

What is something nice you can do for yourself to show the universe you are ready for change? What can you do to show yourself kindness or tend to your needs?



Moving Forward: Simple Steps for Growth

- ✓ **Celebrate Your Progress** – Take a moment to recognise how far you've come. Let go of old emotional barriers and embrace the clarity you've gained.
- ✓ **Ground Yourself** – Use deep breathing, mindfulness, or take a short walk in nature to feel centred and calm.
- ✓ **Share if You Want To** – Talking about your experiences with someone you trust can help you process emotions and build accountability.
- ✓ **Visualise Change** – Picture how your new insights will shape your future. This helps reinforce lasting transformation.
- ✓ **Practice Self-Awareness** – Notice when old habits resurface. Instead of judging, gently shift your focus toward solutions and growth.
- ✓ **See Triggers as Invitations** – Emotional triggers aren't setbacks; they're signs to explore deeper healing and take the next step.
- ✓ **Consider Support** – If you want to fast-track progress, personalised coaching can help build self-worth and emotional resilience.

A Clear Path Out of Burnout & Anxiety

Ready to Resolve Anxiety at the Root?

You've started to uncover how you do anxiety, how it shows up in your body, thoughts, and choices. Now it's time to learn how to change the pattern for good. This is your opportunity to work with me one-on-one in a personalised coaching experience designed to bring emotional clarity, nervous system safety, and internal freedom. Together, we'll move beyond surface strategies and into the real work, so you can finally let go of what's keeping you stuck.

This work is for the woman who's ready to shift quickly and intentionally. She's done with coping mechanisms and ready for transformation with depth and integrity. Our session is a space to uncover what anxiety has been protecting you from, so you no longer have to manage it.

Because once you understand what anxiety is really saying, you don't need it to speak for you anymore. You stop fearing change and start leading it. You feel stronger, clearer, and more at ease in your body. Confidence becomes your posture. And no matter what life throws your way, you know what to do.

- You have the tools.
- You trust your choices.
- You radiate confidence.

Let's do the work together. Tap the link to book your personalised coaching session:

INTRODUCTORY SESSION

Claire Chancellor



A Clear Path Out of Burnout & Anxiety

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