

COLLECTION

The Essentials of Applied Psychology

My Mind Won't Give Me a Break

*Anxiety, stress, and rumination: an
eight-week CBT program*



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The 8-Week CBT Program — Daily Exercises and Evidence-Based Techniques

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Crisis resources

If you are going through a crisis and suicidal ideation comes to you, please do not face it alone.

- 988 — 988 Suicide & Crisis Lifeline. Call or text, 24/7, free and confidential (US and Canada).
- 741741 — Crisis Text Line. Text HOME to 741741 to reach a trained crisis counselor.
- 116 123 — Samaritans, free, 24/7 (UK and Ireland).
- 911 — in case of immediate danger (US and Canada).

These numbers apply to the United States, Canada, the United Kingdom and Ireland. Wherever you are, findahelpline.com lists helplines country by country.

To all those who live with anxiety every day. You are not alone, and change is possible.

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INTRODUCTION — Understanding Anxiety and Using This Program

You are holding in your hands a structured eight-week program, designed to help you regain control over your anxiety. This is not just another book about stress. It is a practical, progressive guide grounded in the most robust findings from clinical psychology research, and in particular from cognitive-behavioral therapy (CBT).

Anxiety: A Signal, Not an Enemy

Before diving into the heart of the matter, it is essential to establish a first observation that may surprise you: anxiety is not your enemy. It is a biological alarm signal, shaped by millions of years of evolution, whose primary function is to protect you. When our ancestors perceived danger — a predator, unstable terrain, a suspicious noise — it was anxiety that triggered the physiological responses necessary for survival: increased heart rate, muscle tension, hypervigilance, release of cortisol and adrenaline. This alarm system enabled them to survive and pass on their genes.

The contemporary problem is not the existence of this system, but its dysregulation. In our modern societies, direct physical threats are rare. On the other hand, sources of symbolic stress are omnipresent: work overload, financial pressures, social comparison amplified by social media, economic uncertainty, relational isolation. Our alarm system, designed to respond to immediate and concrete dangers, finds itself perpetually activated by diffuse and chronic threats. It is as if your smoke detector went off every time you made toast.

Normal Anxiety Versus Pathological Anxiety

Not all anxiety is problematic. There is a fundamental difference between adaptive anxiety and pathological anxiety. Adaptive anxiety is proportional to the situation, limited in time, and helps you perform better — for example, stage fright before a presentation that pushes you to prepare more thoroughly. Pathological anxiety, on the other hand, is disproportionate to the actual danger, persistent (lasting weeks, months, or even years), and impairs your daily functioning: you avoid situations, you sleep poorly, you withdraw, your physical health deteriorates.

According to the World Health Organization, anxiety disorders affect approximately 301 million people worldwide, making them the most prevalent mental health condition. In France, it is estimated that one in five people will experience an anxiety disorder during their lifetime. If you recognize yourself in these figures, know that you are absolutely not alone and that effective solutions exist.

Why CBT?

Cognitive-behavioral therapies are currently the most scientifically validated approach for treating anxiety disorders. Hundreds of randomized clinical trials, synthesized in numerous meta-analyses, have demonstrated their effectiveness, with response rates between 50 and 80 percent depending on the disorder. CBT is based on a fundamental principle: our thoughts, emotions, and behaviors are closely linked, and by modifying one, we can influence the others.

This program draws on the three waves of CBT: the first wave (behavioral techniques, such as exposure), the second wave (cognitive restructuring, identification of automatic thoughts and distortions), and the third wave (acceptance, mindfulness, commitment to values). You will progressively discover these three dimensions over the course of the eight weeks.

How to Use This Program

This book is structured as a progressive therapeutic program. Each chapter corresponds to one week of work. I recommend that you respect this pace: one chapter per week, neither faster nor much slower. Psychological change requires time, repetition, and patience.

Each chapter contains theoretical elements for understanding, clinical case studies for identification, and practical exercises to carry out during the week. I strongly encourage you to obtain a dedicated notebook — your "anxiety journal" — in which you will record your observations, exercises, and progress.

A few tips for getting the most out of this program:

First, be consistent. Devote at least twenty to thirty minutes per day to practicing the exercises. CBT techniques work through repetition, much like athletic training.

Second, be kind to yourself. There will be difficult days, apparent setbacks, moments of doubt. This is normal and part of the process. The goal is not