

# INTERVIEW QUESTIONS

## Understanding anxiety

- What is anxiety anyway? Is anxiety like stress or tension or fear?
- What 4 crucial aspects of your life are derailed by anxiety?
- How prevalent is anxiety in the US? In the world?
- How do most people feel about anxiety?
- What 4 critical spheres of your life are derailed by anxiety?
- Is being obsessive considered anxiety?
- Is a panic attack anxiety? Are phobias?
- What kinds of people are most affected by anxiety? Students, nurses, teachers, soldiers, brides, police?
- Can certain jobs create anxiety?
- Can a businessman or entrepreneur have success while living in anxiety?
- How can anxiety sabotage an amateur or pro athlete?
- What are common ways people try to relieve their anxiety? Are they effective?
- What is your **REIN** method for dissolving anxiety?
- Why is being free from anxiety so important?

## Myths about anxiety

- Is anxiety genetic?
- Is anxiety a mental disease?
- Does “stinking thinking cause anxiety? Does better thinking eliminate anxiety?
- Is anxiety caused by a chemical disorder?
- Do you need to find the root cause of an anxiety issue to dissolve it?
- Do positive thinking or affirmations help relieve anxiety?
- Are meditation or mindfulness effective?

## The **REIN** method for dissolving anxiety

- How is the **REIN** method different from other treatments for anxiety?
- Do you have an example of **REIN** dissolving anxiety about **elevators, snakes and airplanes** ?
- Do you have an example of **REIN** eliminates anxiety regarding **indecision?**
- Do you have an example of **REIN** extinguishing anxiety regarding **fearing water** ?
- Do you have an example of **REIN** erasing anxiety regarding **speaking & pitching** ?

**What ONE THING can someone do this very moment to take charge and dissolve their anxiety issue?**

