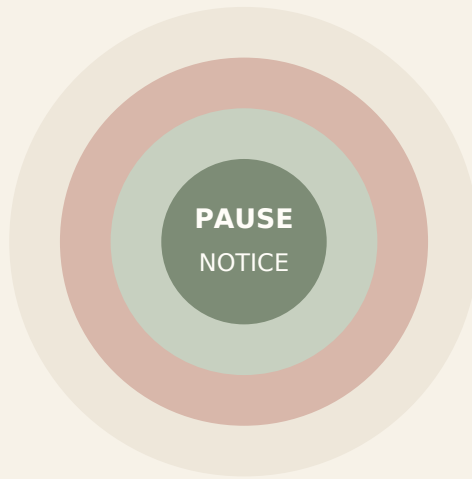


THE LAYERS METHOD™

The Anxiety Cycle™

Understanding your emotions one layer at a time.



Anxiety can move quickly: something happens, a thought appears, the body reacts and we respond before we have had time to understand what is happening. This worksheet helps you slow that cycle down, notice each layer and choose what you need next.



Listen • Acknowledge • Yield with Curiosity
Embody • Regulate • Self-Soothe

Six layers. One gentle pause before anxiety decides what happens next.

Created by Pamela Statham

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Listen. Acknowledge. Yield with Curiosity.

Choose one anxious moment and move through the first three layers gently.



Listen

What thoughts, feelings or messages are asking for my attention?

Write what you notice without trying to correct or solve it.



Acknowledge

What am I experiencing right now?

Name what is present without judging, dismissing or criticising yourself.



Yield with Curiosity

What might be sitting beneath this anxiety?

What feels at risk? What might the anxiety be trying to protect me from? What may I need?

Embodiment. Regulate. Self-Soothe.

The final three layers help you reconnect with your body, steadiness and self-compassion.

E

Embodiment

Where and how am I experiencing this anxiety in my body?

Notice sensations such as tightness, heat, nausea, shaking or restlessness.

R

Regulate

What may help my nervous system feel steadier or safer?

Consider slower breathing, grounding, movement, water, fresh air, rest or support from someone safe.

S

Self-Soothe

What reassurance, compassion or care do I need in this moment?

If a friend felt this way, what would you say to them? Offer some of that kindness to yourself.
