

Script 1 — “You can’t think your way out”

HOOK (natural):

“Here’s something that took me a while to understand...”

BODY:

“You can’t really think your way out of anxiety.

Most people try to fix it by changing their thoughts.

But anxiety usually doesn’t start in your thoughts.

It starts in your body.

Your nervous system sends a signal that something’s off...

And then your brain creates thoughts to explain that feeling.

So even if you try to think differently...

The signal is still there.

And the thoughts just keep coming back.”

END:

“That’s why it feels like you’re stuck... even when you’re doing everything right.”

|| pause

Script 2 — “It doesn’t come out of nowhere”

HOOK:

“Have you ever noticed this...”

BODY:

“You feel anxious... but there’s no clear reason why.

Nothing’s wrong... but your body feels like something is.

That’s because anxiety usually starts as a signal... not a thought.

Your nervous system gets thrown off...

And your body sends this ‘something’s not right’ message.


Your brain picks that up...

And creates thoughts to match it.”

END:

“So it feels random... but it actually starts before you’re even aware of it.”

|| pause

 **Script 3 — “The loop”**

HOOK:

“Most people don’t realize this about anxiety...”

BODY:

“It’s actually a loop.

Your body feels off...

So your brain creates a thought.

That thought makes your body feel worse...

Which creates more thoughts...

And it just keeps going.

Most people try to stop the thoughts.

But if your body is still sending the signal...

The loop just restarts.”

END:

“If you calm the signal... the whole thing starts to unwind.”

|| pause

 **Script 4 — “Why nothing fully works”**

HOOK:

“If you’ve tried a bunch of things for anxiety...”

BODY:

“And it helps... but doesn’t fully fix it...”

There's a reason for that.

Most of those things are trying to calm your mind.

But anxiety doesn't really start there.

It starts in your nervous system.

So you get some relief...

But the underlying signal is still there.”

END:

“And that's why it keeps coming back.”

|| pause

Script 5 — “Stuck ‘on’”

HOOK:

“Think about this for a second...”

BODY:

“Your body really has two main modes.

On... and off.

Fight or flight... and rest and recovery.

Anxiety is what happens when your system gets stuck in the ‘on’ position.

Even when there's no real threat.

So your body feels like something's wrong...

Even when everything is actually fine.”

END:

“And after a while... it just feels like you can't turn it off.”

|| pause

Script 6 — “High performers”

HOOK:

“I’ve seen this pattern a lot...”

BODY:

“With people who are high performers.

Driven... focused... used to handling a lot.

And then something shifts.

They feel more anxious...

Harder to relax...

Just... off.

And it doesn’t make sense... because nothing is really wrong.

But that’s usually the clue.


It’s not the situation...

It’s the system getting overloaded.”

END:

“And when that happens... it shows up as anxiety.”

|| pause

 **Script 7 — “It’s physical”****HOOK:**

“Here’s something people don’t talk about much...”

BODY:

“Anxiety doesn’t just feel mental...

It feels physical.

Tight chest...

racing heart...

restlessness...

That’s because it is physical.

Those are signals coming from your body.

Your brain is just reacting to what your body is telling it.”

END:

“So if the signal is there... you’re going to feel it.”

|| pause

 **Script 8 — “You’re not broken”**

HOOK:

“A lot of people think this means something’s wrong with them...”

BODY:

“Because they feel anxious all the time.

But what if nothing is actually broken?

What if your system is just out of balance?

Like anything else...

It can get overloaded...

dysregulated...

stuck.

That doesn’t mean it’s broken.”

END:

“It just means it’s not functioning the way it should right now.”

|| pause

 **Script 9 — “Electrical system”**

HOOK:

“This is where it starts to get interesting...”

BODY:

“Your brain and nervous system run on electrical signals.

That’s how your body communicates.

When those signals are balanced...
you feel normal.

When they're not...
you feel off.


Anxiety... brain fog... sleep issues...

A lot of times those are signs something's not regulating properly."

END:

"So the question isn't just what you're thinking... it's what's happening underneath it."

|| pause

 **Script 10 — "Wrong system"**

HOOK:

"This is where I think a lot of people get stuck..."

BODY:

"They try to fix anxiety by working on their thoughts.

And sometimes that helps.

But a lot of times... it doesn't.

Because they're working on the wrong system.

Anxiety isn't just psychological...

It's physiological.

It involves your nervous system... your signaling... your regulation."

END:

"So if you're only working on thoughts... you're only solving part of it."

|| pause