

# Want to Eliminate Target Panic?

Target panic is real and can be managed.

## 21 Day Path to Managing/Resolving TARGET PANIC

Change takes time and psychologists say that a 21 day process is known to help make or break a habit. The Target Panic behaviors we are trying to break are feeling anxiety throughout the shot process, locking-up/freezing when trying to align bow sight pins with a target causing the archer to get stuck aiming off target, and premature arrow release when the archer hasn't come to full draw or in the lock-up/freeze position. *Always seek the advice of your physician prior to beginning any training or rehabilitation program. If you feel any pain or other concerning symptoms stop and discuss it with your physician before restarting this training.*

### Pre-Program Measurement:

Severity of Symptom	Symptoms				
	Anxiety	Premature Release	Can't Put Pin on Target/Target Lock	Can't Lift Bow	
1 = None 2 = Occasional & Can still shoot 3 = All the time & Can still shoot 4 = All the time & Can barely shoot 5 = Can't shoot anymore					

### Day 1-7: Release

**Setup:** Practice your release without the distractions of a target and bow sight. Setup the Dry Fire Pro® without a bow sight and set resistance a few pounds heavier than the hold weight of your bow.

**Routine:** Draw the device and anchor like you normally would with a mechanical release. Aim at a blank wall or close your eyes. Focus on your shot process, surprising yourself with the shot when triggering your mechanical release. Rest for 21 seconds. Tell yourself "I am in control" repeatedly during the 21 second Rest phase. Repeat 21 times per day.

### Day 8-14: Aiming

**Setup:** Add a bow sight to the Dry Fire Pro® and set resistance a few pounds heavier than the hold weight of your bow.

**Routine:** Pick a 2-3 inch target 10 feet from you. Draw the device and anchor like you normally would with a mechanical release. Slowly and controlled place the bow sight pin on target and hold for 21 seconds (Note: Make figure 8s or cross shape movements through the target with the sight pin as desired). Let down your draw and rest for 21 seconds. Remember to tell yourself "I am in control" repeatedly during the 21 second Rest phase. Repeat 21 times per day.

### Day 15-21: Release & Aiming

**Setup:** Setup the Dry Fire Pro® with a bow sight and set resistance a few pounds heavier than the hold weight of your bow.

**Routine:** Draw the device and anchor like you normally would with a mechanical release. Slowly and controlled place the bow sight pin on a 2-3 inch target at 10 feet away from you, hold for 21 seconds, and surprise yourself with the shot when triggering your mechanical release. Rest for 21 seconds while repeating in your mind "I am in control". Repeat 21 times per day.

### Day 22: Put it All Together

Congratulations on completing the 21 Day Dry Fire Pro® Training Program for Target Panic. You are in control and are ready to apply your new shooting behavior.

\*Depending on the severity of your target panic symptoms you might need to repeat or extend Days 8-21\*

### Post-Program Measurement:

Severity of Symptom	Symptoms					
	Anxiety	Strong Urge to Release Before Pin is on Target	Can't Put Pin on Target/Target Lock	Can't Raise Bow to Target	Afraid to Shoot	Always Adjusting Equipment
1 = None 2 = Occasional & Can still shoot 3 = All the time & Can still shoot 4 = All the time & Can barely shoot 5 = Can't shoot anymore						