

106 N. Panic to Anxiety disorder.

From this point forward you will be learning more about anxiety disorder, than panic disorder, but keep following along & working diligently, regardless of which you are seeking to gain control over, as there is much information on dealing with all mental processes in the following pages. There are as many items to sift through when dealing with anxiety disorder, as there are with Panic disorder, some parts overlap, some are different, but they can all be used together for a better way of dealing with real life.

There are many different medications, that may mask some of the “symptoms” or feelings & may work well for some, yet each acts differently, with different individuals & I do not advocate for, or against their use & can only say that if they are prescribed for you & help you to expand your boundaries & to increase exposure to areas, otherwise avoided, then that can be good, as repeated exposure to uncomfortable (not dangerous, but mentally uncomfortable due to these disorders, yet physically safe) areas is a major key in overcoming the false thoughts associated with the feelings.

There are many therapists, therapies, counselors, mental health agencies, which all can be good choices, as we all need help, from those who truly know how to help, but for my purposes this is not a medical blog & is just for references on what has helped me in some areas & hopefully can show you, how you may find some comfort & motivation to go along with your medical & medication decisions.

As stated in earlier blogs, I suffered horrific terrifying panic attacks with Agoraphobia for 12 years, from the age of 16 to 28 & then 32 more years of a very limited existence, due to P.D. & from anticipatory panic e.g. fear of having a panic attack, which in many ways is worse than the attack itself, as the attack comes & goes & will not hurt you, but the anticipation takes over & can rule one’s life decisions, if not controlled through education of its true cause.

For this reason, after many years of study, I do believe that one helper for many, is Cognitive Behavioral Therapy, (CBT), as the Cognitive model of Psychopathology, hypothesizes that Emotions (feelings), physiological body responses (heart rate, sweating, breathing etc.) & behaviors (fight, flight, freeze reactions etc.) influence our (often faulty) perceptions of events, which guides either, our negative reactive responses, or our positive actions/ responses & these can be better addressed in a therapy setting.

Here we will now look at how automatic thoughts, lead to the emotions, that work with physiological sensations, to cause the behaviors, all of which we are seeking to change, as we also change overall beliefs & feelings of the anxiety itself back to what they truly are, safe.

We were all born with & experienced many of the same feelings & stressors as a child, but we interpreted them much differently, by ignoring them.

Somehow & for some unknown reason, our thinking processes about this anxiety phenomena changed, somewhere down the road, for many of us & P.D. became more prominent & predominate than it was ever meant to be, outside of any medical reasons, which need to be ruled out by a thorough Dr. & physical, before proceeding on, in seeking any psychological stressors.

So, we will seek to find how, or why certain situations (triggers), bring on these automatic thoughts, which trigger, the emotional & physiological reaction & in turn the behavioral response, before the positive action, or more often, than not, the negative reaction is proceeded upon.

We need to become aware of the fact that thinking, thoughts & beliefs are not always true, or accurate & that sometimes irrational thoughts can be given power over truths, through our own irrational thinking. We can prove this to ourselves through some examples, in which we do some honest soul searching, of what kind of reactionary responses we may exhibit in certain situations & in turn practicing positive thoughts & actions, over negative thoughts & reactions.

This is an important step in coming to understand how one's own automatic thoughts, can affect mental processes, leading to a more controlled positive mindset & which we will be studying, so please stay with us as we will continue learn & share through these posts, to help us all to get are lives back & under our control..