

## **106 (A) Facing fear together.**

So, I battled full blown, home bound Agoraphobia for 6 years & full blown mind bending panic disorder for 12 years & life limiting panic disorder for a total of 40 years, before I realized that I had been looking at anxiety the wrong way. We cannot beat something that couldn't, nor was ever intended to be beat, but don't take this in & let it bother you, as there is great hope to those fully willing to grab a hold of & to understand the normalness of anxiety.

Once I realized that it was me, that was allowing, or even causing general anxiety, to turn into panic, through too much attention to physiological feelings & false thinking, I learned to take control of the thoughts, before they turned into over reactions & I learned through God's promises & truths, that I had spent my life trying to eliminate something that was meant to be understood & controlled, i.e. such as the benefits of anxiety & not eliminated, as without any anxiety, we may miss true dangers.

Anxiety is a normal feeling & every person ever born has experienced it, some never acknowledge it & for some, somehow it manifests into extremes & takes over their life, as it grows into fear, or panic. Panic is not normal, though many experience it, at one point or another. So as I said, anxiety is a normal built in response & safety tool that you do not want to eliminate, which will be explained, but panic attacks are not normal & can be eliminated, over time, through working on understanding all there is to now about anxiety & learning to embrace anxiety, while also learning to cognitively bypass, panic enhancing distortions, or lies, that some of our brains have become trained to go to, when it feels certain physiological i.e. bodily sensations, as well as irrational thoughts.

One of the keys to getting started on fixing these issues is to get past the "why me" "why does this happen to me" mentality, as once you rule out any medical reasons, then you must get past the why me's, as that may never be known & is probably irrelevant & putting your concentrations on the why's, may actually hinder your working on getting past the psychological hold that this has on your life. which can be done without ever knowing why. We do not have to know why everything did whatever it did, for us to be able to change it.

I learned that instead of asking why me, maybe I should be asking why not me? I am no better, or worse than anyone, according to God & random things happen to random people, with no known reason to anyone but maybe God & for His all-knowing reasons, He keeps some things to Himself, but He also lets us know that He has a plan in place & He will use all that we go through for some good, but first we must want to change our circumstances than we must work for the needed change.

I have heard many say “God is not the author of fear” actually He is & though He did not give us the spirit of fear, He knows that in our case, something did. God does not cause this fear, but He can use & heal anything that we are battling, for His & our good.

I have often felt that the road I was getting ready to go down, before I was burdened with the prison of agoraphobia, probably would have landed me in a different prison? Yes, without this panic disorder my life would have been different, but that doesn't mean it would have been better.

Where I stand now, still limited in many endeavors, due to panic disorder, I still would not change my life & relationship with Christ with anyone on this planet, as I know God has & uses me right where He wants me & I am praying that through our letters, that we may be able to help the multitudes of people that are suffering from this horrible condition of Agoraphobia & panic disorder, showing them how they can retake control of their thoughts & life, while learning to embrace anxiety & eliminate the physiological feelings & cognitions of panic, through redirecting their thought processes.

For your 1st step, I would ask that you open your mind to the truth, that you can overcome this fear, as many have & many more will, but you must find hope for your brain to be ready for the educational changes that you will be learning & putting into practice in your renewed life, if you choose to follow along, while also learning how direct positive self talk will be affecting your life, as you follow along with our letters.