

106 (B) Anxiety relief via Truth & Love

There are so many items to sift through when dealing with panic disorder (P.D.). There are many different medications, that may mask some of the “symptoms” or feelings of P.D. & 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 may be good, as repeated exposure to uncomfortable (not dangerous, but mentally uncomfortable due to P.D., yet physically safe) areas is a major key in eliminating P.D.

The more times that you do something, or go somewhere, even if uncomfortable, or even scary the 1st time, the more that you will be able to do it & similar things, without the fear attacking you, or at least being able to control. or ride it until it subsides, as feelings of irrational fear, are in the end, are just feelings & cannot harm you.

There are many therapists, therapies, counselors & agencies, which all can be good choices for help, as we all need help now & then, from those who truly know how to help, in certain situations, 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 decisions for battling the irrational fears of anxiety & panic.

As stated in earlier letters, I suffered horrific terrifying panic attacks with Agoraphobia for 12 years, from the age of 16 to 28 & then 30 more years of a very limited existence, due to P.D., or actually from the anticipatory panic e.g. the 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 key for understanding this, fear of fear, may be found within 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.

So here we plan to show 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 beliefs & feelings. We were all born with & experienced many feelings & stressors as a child, but we interpreted them much differently then & didn't allow our inquiring minds to become over focused on the irrelevant details.

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 physical & Dr. report, 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, e.g. the positive action, or more often, than not, the negative reaction.

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, to replace 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 in the following letters.