

106 Intro. Facing panic disorder/ Agoraphobia. Path to freedom.

For those who have never suffered, from a horrific mind blowing full blown thought debilitating panic attack, please do not even try to place judgement on any who say that have, or are suffering from this horrific debilitating condition, as it is not about being afraid, it is about a mind bending fear which has no known cause & that no one asked for & that no one should ever suffer from, but which can attack anyone, anywhere, at anytime, without warning, of which a great number of people have found out & many more are discovering daily & also learning what feeling completely rejected & alone feels like, due to this condition not being understood, by society, family, friends or not even the one's suffering from it, which again, could become you at any moment, so do not abandon the one suffering from unknown & unprovoked fear, but work to understand them & to help them to understand what is happening & what can be done to work on it, so that you as well will be prepared if need be?

Panic attacks with Agoraphobia, or Panic Disorder (PD) is the most debilitating condition on this planet & is very real & very devastating, for a great number of people, whether you recognize it or not & those suffering with it need a lot of love, patience & understanding, even if just through what you can read up on about these disorders via the internet. PLEASE TAKE A MINUTE & LOOK IT UP IT, look up Agoraphobia groups on Facebook & read about what some of these once "normal" existences are battling now, as those with PD, are no different than any others, with shattered hopes & dreams, as they are held prisoner by this "no known cause, no known cure" fear of fear & dreadful fear of anticipatory fear, which they feel has destroyed them.

These sufferers are not crazy, not sick, not contagious, they are normal individuals with an abnormal horrendous fear attacking them, that is as real, as anything can possibly be.

So how do I know so much about it?

I have battled PD for 40 years, of which the 1st 12 years I spent with full blown Agoraphobia, in such horrific torture of panic & fear, which led to alcohol abuse & depression to the point that I only wanted to & tried to just die, for 12 long lonely mind blowing fearful years.

My 1st 3 panic attacks came in Nov. 1982, I was 16 years old & had a very normal active life, up until that 3rd attack, which was a sudden full blown mind bending irrational fear of losing my mind & life, while standing in the

middle of a crowd of 84,000 people at the Who concert, inside the Pontiac Silverdome. Within a month I not only could not go into stores, or buildings, without having a panic attack, I could not get in cars, go to school, go to work & within no time could not even open the front door of the house. I spent my days sitting behind a couch, shaking & wanting to die, scared to death that someone would call, or come to the door. I became very good at making excuses, to everybody, of why I couldn't go here, or there, or anywhere.

At 28 yrs old I had beaten the Agoraphobia, but the PD pretty much still ran certain parts of my life from that point forward, but there is a lot of things I can do today & most of those who know me, have no idea that there are 1000 x more things that I cannot do, simple things, basic things, but things that my mind just has not overcome yet, but I have high hopes & will never stop fighting.

I have managed to acquire a B.A. in Social Work from the Univ. of Michigan & a B.A. in Ministry, as well as degrees in Mental Health & Psychology & obtained a lot of experience with hurting & downtrodden populations, as I have allowed God to use me, lead me & guide me in being able to reach & provide some hope to many lost broken souls.

So, I will say that Agoraphobia & PD are very real & very horrible, making many feel like they are going to die, have a heart attack, or lose control of their mind, but freedom from this disorder is possible, through education, understanding, belief, patience, time & a lot of work, which we are going to try & help with, through our weekly letters, so please join in & follow along on our path to freedom.