

106 F. Why me, or why not me?

So again, anxiety is a normal feeling, that everyone has, but some never acknowledge it & for some, somehow it manifests into extremes & takes over their life, as it grows into massive panic.

Many will experience this panic, at one point, or another, as seen by the millions who end up in emergency rooms, every year, believing they are having a heart attack & find out that it was a scary, but harmless anxiety attack.

So as I said, anxiety is a normal built in response & safety tool that you do not want to eliminate, 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 we feel certain, non harmful, physiological i.e. bodily sensations, like sweating, heart racing, etc. 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 fix 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 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 His 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?

So 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.

So lets pray blessings on all of us as we pray to our God to bring us together as an army & family of believers in beating these ridiculously crazy thought patterns that led our thoughts into a life of lies, but of which we have found that now is the time for us to stand up together & say yes I was afraid, but now I am going to learn to shove that fear right back down satans throat, as I start learning to walk tall in who I truly am. Amen.