

**106C. Becoming aware.**

There are many items to sift through in dealing with panic disorder (P.D.). 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 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. yet U need to make sure that you keep telling yourself that U R doing this, not the med's, the credit belongs to your doing it & the med's didn't protect U, as U were not in danger, regardless of your thoughts.

The more times that U do something, or go somewhere, even if uncomfortable, or even scary, the more that you will be able to do it & similar things, without the thoughts of fear attacking you, as you learn to walk through them, or ride it until it subsides, as feelings of irrational fear, in the end, are just feelings & cannot harm you & always subside.

We know the anticipatory panic e.g. the fear of having a panic attack, is worse than the attack itself, as the attack comes & goes & can not hurt you, but the anticipation takes over & can rule one's life decisions, if not controlled through education of its true cause.

So after years of study, I do see how one way to understand these feelings, may be found within Cognitive Behavioral Therapy, (CBT), as the Cognitive model of Psychopathology, says that Emotions (feelings) & physiological body responses (heart rate, sweating, breathing etc.) & behaviors (fight, flight, freeze reactions etc.) influence our (faulty)

perceptions of events, which guides either, our negative reactive responses, like avoidance, or our positive actions/ responses, doing it anyways.

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 & experience many feelings & stressors, but we once interpreted them much differently & didn't allow our inquiring minds to become over focused on the irrelevant physiological details.

Yet somehow, 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 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 posts.

What we share is for informational purposes & is not a replacement for medical diagnosis, or treatment that may be needed, so please be sure to see a Dr. for medical advice, or treatment & then we invite you to view our take & knowledge & experiences & pray they help you to find some peace.