

**106E. Anxiety, Joy & adrenalin.**

So, again I have battled life limiting panic disorder for over 42 years, before realizing that I had been looking at anxiety the wrong way, even after I had given it to God 30 years ago & became functional again, though I didn't follow through with a plan to end all panic, so the disorder kept me from doing many things that I wanted to, but has given me access to do all that God wants to do, in my community, through me.

So I chose Christ for my life & my life truly is awesome, as I have a joy within me that is absolutely indescribable & every day is better than the previous, even with my limitations, which I am going to work through & end, as God helps others through me.

So welcome aboard to the healing train, brothers & sisters, believers & unbelievers alike, as we have all experienced the same hell & I want to see all learn how to walk out of this oppressive pit, leaving the past distortions & irrational thoughts behind.

1st off It is mandatory to see that we cannot beat something that couldn't, nor was ever intended to be beat & truly is as normal & needed as breathing is, which is rational anxiety, but don't let this bother you, as there is great hope, to those fully willing to grab a hold of & understand the normalness & importance of anxiety, while realizing the major difference between normal anxiety & irrational panic, as panic is not normal & must be addressed.

Remember that this is not saying that you are not normal, as you are, as you are not defined by what you suffer from, just as you would never call someone a cancer, just because they suffer from cancer.

You are a perfectly normal person, that suffers from an imperfect condition, of over rationalizing feelings into false beliefs, which simply needs addressed & truly is fixable, as you are not broken.

So, the anxiety truly isn't the problem, but it's the thoughts that are added to the normal body feelings, from the rush of adrenalin & cortisol, which causes the thinking to go into the fight, or flight mode & the brain seeks out the danger, to decide which action to take e.g. if is a lion running at you, you will probably choose flight & take off running, but if the fear is a spider on the floor, you may choose fight & stomp on it, but if this chemical release (adrenalin & Cortisol) hit accidentally & your brain, mind & body search & cannot find why this fight, flight or freeze issue is going off, it can cause an internal uproar & if you do not catch it & just dismiss it, as unharmed thoughts & feelings, as your mind is searching for a danger that truly is not there, then your thoughts take over, as the body systems cannot find anything wrong.

So now feelings & thoughts take over, looking for any danger & decides that the sweating, shaking, chest & breathing pain & feeling like you're going to lose your mind, must be the issue that set off the chemical release & so in turn tells us that this must be the danger & we must be dying, or having a heart attack, or going to lose our mind & go crazy & get embarrassed in front of others, so we must try to hide, as we don't want to die in front of anyone, which could never happen from anxiety, but at the time we do not know that & we are not allowed to think rationally, as our irrational thoughts are trying to convince us that something is wrong, because of these normal thoughts & feelings, which our mind just added a danger alarm to & now whenever we start to sweat, or hyperventilate, or have a small chest pain, or our heart rate increases, adrenalin & cortisol are going to rush together to create &

fight, or flight response & try to cause us to panic & believe that these normal unharmed feelings must mean that doom is closing in, which is why we will be working to understand thoughts control.

Anxiety "management" is learning how to move through the feelings of anxiety that you feel during a Panic attack, or a state of fear & your goal should be reasonable & obtainable, such as eliminating the fear of anxiety, not the anxiety itself, as everyone ever born has feelings of anxiety & rolls through them in their own manner, but it's your resistance to & struggle with the thoughts & feelings; physiological & mental, that has trapped you & the more you struggle against it, the more you sink into it.

Here I want you to think hard about how many attacks have you had? & how many times have any of these fears come true? Like how many times has anxiety caused you to have a heart attack, or die, or go insane, or anything harmful to happen, except for the thoughts & unwarranted fears, where the adrenalin & cortisol was just working its way out of your mind & body, without any true danger to release itself on, as there truly is nothing to fight, nothing to run from, no reason to freeze & not yet trained on the true key of fight, flight, freeze, or my new & most important one, ignore, as long as you know you are healthy, which will take some wisdom, time & work.

Once I realized that it was me, that was allowing, or even causing 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 & used for my good, not my harm, as without the benefits of positive anxiety, we would not understand, true life dangers, so we are going to be looking at turning panic, back into normal harmless anxiety, void of extra thoughts.

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 & experience.