

106B. Not alone, not crazy. new

So, you need to realize that you are not alone, as it is believed that over 40 million people in the U.S., experience daily thoughts, feelings & attacks of panic; so this is not a conspiracy against you, it's a thoughts/ feelings misinterpretation that does not disclose who, or what you are & does not in any way define you, as the person that you truly are, beyond the fear.

Now though these feelings are not usually from a medical condition, get checked by a Doctor & be honest with them, about any & all physical feelings, to be sure that you are healthy & once you do that, you can start working, to see that these thoughts & feelings are not permanent & can be overcome, with some time, patience & internal brain work on your part; as outside of God, only you truly know you, so do not let others, nor conditions, or fears define you, as you are worth much more than what you feel, or could possibly realize.

We believe that panic attacks could be the most debilitating condition on this planet & they are very real feeling & very devastating for a great number of people, with, or without Agoraphobia, whether others recognize it or not & all suffering with it need a lot of love, patience, understanding & positive help.

Whether you suffer or not, do yourself a favor & learn about these disorders, via the internet. Please take a moment & look them up & look up Agoraphobia groups on Facebook & read about what some of these once "normal" existences, are battling with now, as those with panic disorder are no different than any others, except for their shattered hopes & dreams of a life of freedom, as they are held prisoner by this

supposedly "unknown cause & cure" fear of panic & dreadful fear of anticipatory panic, which they feel has destroyed their lives & chances of "normalness".

Sufferers of panic attacks are not crazy, not sick, not contagious, they are normal individuals with an abnormal horrendous unknown irrational fear, attacking their mind & body & is as real, as anything can possibly be.

I remember, after 42 years, like it was yesterday, of rarely being able to go out with family & friends, or into stores, or buildings, without having a panic attack, at 17 I could rarely get into cars & couldn't go to school, work, the beach, camping, visiting, traveling, concerts, friend's houses, movies, not even my twin sisters funeral at 22 yrs old & for a couple years could not go outside of the house, without feeling that I was going to lose my mind & die.

So for no known reason, I spent my days sitting behind a couch, shaking, head spinning, sweating, sick feeling, dizzy, dry mouth, tachycardia & wanting to die, scared to death that someone would call, or come to the door & ask me to go outside & feeling that my brain would explode.

I became very good at making excuses, to everybody, every hour, of every day, of why I couldn't go here, or there, or anywhere & was soon forgot about by many, for many years.

At 28 yrs old I had beaten the full blown Agoraphobia, by being homeless many years & having to walk around the neighborhood to pick up returnables, or do odd jobs, but the PD pretty much still ran most of my life from that point forward, but there are a lot of things I can do today, but most of those who know me, have no idea that there are 10mill x more things, that I cannot do, simple things, basic things, but things that

my mind just has not overcome, but I have hope & will never stop fighting & growing, to be the best possible me that I can be, with God leading the way.

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 working with individuals & groups of hurting & downtrodden populations, of aged, as well as mentally &/or physically disabled adults, as I have allowed God to use me, lead me & guide me in being able to reach out to & provide hope to 1000's of lost broken souls.

So, again Agoraphobia & PD & life changing panic & fear are very real, 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, trust, patience & a lot of work, which we are going to try & help with, through our weekly posts.

So please join in & follow along on our path to freedom, as everyone knows someone who suffers from a life changing disorder, even if u haven't recognized it in their life yet.

So from here on out, may God be with us & guide us through learning how to change our thoughts, on these negative life changing thoughts & feelings around, to truly positive life changing thoughts & feelings, as we get back, to being who we were created to be, which working together we can do, Firstly by never giving up on ourselves.

Also we would ask you to please share this information, with many, as there are so many sufferers hiding behind closed doors, due to undeserved fear, shame & other devastating thoughts & feelings, that need your help getting this info.

Posts are for informational purposes & not a replacement for any medically needed diagnosis & Tx, but we do invite you to view our knowledge & experience for some needed support & understanding.