

106 F. Why Me; Why Not Me?

So again, anxiety is a normal feeling, that everyone has, but some though they feel it are able to block its power by not acknowledging it, but for some, it somehow manifests itself into some form of mental extreme, that takes over their life, as it grows into irrational constant massive panic. Now many 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 again, anxiety is a normal built in response & safety tool that we do need & do not want to eliminate, but panic attacks are not normal & need to be eliminated, over time, through working on understanding all there is to now about anxiety & learning to embrace anxiety, while also learning to cognitively (mentally)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 & thinking.

One of the keys to getting started on fixing these issues is to get past the “why me” “why did 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 self & the why’s, may actually hinder your working on getting past the psychological hold that this has on your life, as the why’s & how it happened, are truly not important in the realm of the what are you willing to do to eliminate these thoughts & this conditioning?

We do not have to know why everything, did whatever it did, for us to be able to work on fixing it, or at least making it better.

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, with no self indulging pity parties as there are a great many on this planet who are still much worse off than us & our fears & we must acknowledge this as we must prepare to work for the needed change that we desperately seek.

I have heard many say “God is not the author of fear” actually He is the author of all things & though He did not give us the spirit of fear, He knows that in our case, something did & though we cannot see any future good from it, He can, as 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 that may have been much worse?

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.

So 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 positively 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 has 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.