

106A. Panic Disorder/ Agoraphobia/ True Life Debilitating Fear.

Panic attacks with Agoraphobia, or Panic Disorder (PD) is the most debilitating condition on this planet & is very real & very devastating for a great number of people, whether you recognize it or not & those suffering with it need a lot of love, patience & understanding, even if just through what you can read up on about these disorders via the internet. PLEASE TAKE A MINUTE & LOOK IT UP, look up Agoraphobia groups on Facebook & read about what some of these once "normal" existences are battling now, as those with PD, are no different than any others, outside of shattered hopes & dreams as they are held prisoner by this "no known cause, no known cure" fear of fear & dreadful fear of anticipatory fear, which they feel has destroyed them.

If you have never suffered, a horrific mind blowing, thought debilitating, life changing panic attack, with the head spinning, heart pounding, eye shaking, breath stealing, brain is about to explode feelings, then please, for all's sake, do not be quick to place judgement on any who say that are suffering from this very horrific, very real, life debilitating condition, as it is not just about an ungodly irrational fear of imminent death, it is a complete mind bending fear, out of nowhere, which has no known cause, or cure & that no one ever planned for, or asked to feel & that no one should ever suffer from, but many do & be assured that this can attack anyone, including you: anywhere, at any time, without warning, changing life in an instant, so have a lot of extra compassion & talk with, help & pray for any that you can, who are dealing with learning what this is & how to deal with this unknown debilitating fear.

These sufferers are normal individuals with an abnormal horrendous fear attacking them, that is as real, as anything you can possibly know & unfortunately, due to this condition, a great number of them have also found out, with many more discovering daily, what feeling completely rejected & alone also feels like, as just do it does not work with this & so just because it cannot be understood by society, family, or friends, others learn to ignore our pain, or to "write it off" treating it as if we are choosing to not be part of "normal" life, which couldn't be any farther from the truth, but they do not want to understand that when we say some simple task has become seemingly impossible for us, that is exactly what we mean, even though we

don't know why? & it is no different than any task that they would call impossible for them!

e.g. My getting in your car & traveling overnight even just 20 miles away, is for some unknown death defying reason, no more "possible" for me, than if you are afraid of spiders, snakes or whatever your greatest fear is, let me lock you in a box & dump in 10K nonpoisonous spiders, or snakes over you for the night, or if claustrophobic or afraid of dying, let me lock you in a coffin with plenty of oxygen & safety measures & bury you safely for 1 night?, or if afraid of flying let me handcuff you & strap you down in the middle of a packed plane on a 20 hour flight? Or pick whatever your greatest fear is & let another expose you to it for 24 hours, as that's what every day of Agoraphobia feels like & for me it was actually every minute, of every day, of every year for 12 years solid & do okay right now, but only by avoiding the issues that cause the panic, such as travel, even close by?

So be assured that we do not use the word "impossible" lightly, even though it doesn't seem feasible that something so possible, for so many, could feel impossible to another, for no known reason, as it isn't truly impossible right? But when the mind says it is impossible, it is referring to as impossible to do safely, as something in my mind fully believes that it will explode & die, or go insane, if I attempt what it calls impossible? & many will not risk that price against any odds, even if it's 1 chance in a billion of actually going crazy?

So again do not abandon those suffering from & battling this unknown, unprovoked, irrational, ungodly fear, as one day it could be you needing the help, love & understanding, so please work to understand sufferers & to help them to understand what is happening & what can be done to work on it, together with one who cares.

I myself have battled PD with Agoraphobia for 40 years, of which the First 12 years I spent with full blown Agoraphobia, in such horrific torture of panic & fear, which led to alcohol abuse & depression to the point that I only wanted to & tried to just die, for 12 long lonely mind blowing fearful tearful years.

My 1st 3 panic attacks came in Nov. 1982, I was 16 years old & had a very normal active life, up until that 3rd attack, which was a sudden full blown mind bending irrational fear of losing my mind & life, while standing in the middle

of a crowd of 84,000 people at the Who concert, inside the Pontiac Silverdome. Within a month I not only could not go into stores, or buildings, without having a panic attack, I could not get in cars, go to school, go to work & within no time could not even open the front door of the house. I spent my days sitting behind a couch, shaking & wanting to die, scared to death that someone would call, or come to the door. I became very good at making excuses, to everybody, of why I couldn't go here, or there, or anywhere.

At 28 yrs old, after 12 years of deep suffering, I had beaten the Agoraphobia, but the PD pretty much still ran certain parts of my life from that point forward, but there is a lot of things I can do today & most of those who know me, have no idea that there are a billion more things that my mind feels that it cannot do, simple social things, basic life things, but things that my mind just has not overcome yet, but I have high hopes & will never stop fighting.

So, please never ignore, or demean anyone battling fear, as they may be battling Agoraphobia & PD, as they are very real & very horrific, making many feel like they are going to die at a y moment, or have a heart attack, or lose control of their mind, but freedom from this disorder is possible, through love, education, understanding, belief, patience, time & a lot of work, which we are going to try & help with, through our weekly letters, so please join in & follow along on our path to freedom.