

**106B. Not alone, not crazy, Freedom from fear.**

So, you need to realize that regardless of what you believe, or feel, that you are absolutely not alone, as beliefs & feelings are not always as real as they seem & feeling temporarily lonely & being alone are not the same thing & beliefs can be changed with the blink of an eye.

There are over 40 million people in the U.S. alone who experience daily thoughts feelings & attacks of panic; so this is not a conspiracy against you, it's a thoughts/ feelings misinterpretation that ignites the fight, flight, freeze response to prepare the body for a threat, that unfortunately is not there, which confuses the brain & sets up a new series of events to deal with, which does not in any way define you, as the person that you truly are, as this is not a mental disorder, it is a misinterpretation, through some unknown confusing miscommunication, which we will be working hard to discover its etiology.

Now though these feelings are not usually from any dire medical condition, you need to 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 to God, as well as many others, than what you may feel, know, or could possibly realize, as you are a part of God's plan, even when you don't feel, or believe it.

It is important we all understand that sufferers of Agoraphobia, fear, or panic attacks are not crazy, not sick, not contagious, but are normal individuals, with an unknown irrational fear, attacking their mind & body & it is as real & as sane, as anything can possibly be.

I remember not being able to go anywhere with family & friends, or into stores, or buildings, without having a severe panic attack, at 17 I could rarely get into cars & couldn't go to school anymore, or to 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 & explode & die.

So for no known reason, I spent many days, sitting behind a couch, shaking, head spinning, sweating, sick feeling, dizzy, dry mouth, heart pounding & 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, after being homeless many years & having to walk around the neighborhood to pick up returnables, or do odd jobs, but the PD pretty much ran most of my life from that point forward, but there are a lot of things I can do today, though most people have no idea that there are so many more things, that I really want to do daily, that I cannot do?, simple things, basic things, but things that my mind just doesn't allow, but I have hope & will never stop fighting & growing, to be the best possible me that I can be, with God leading the way.

In spite of this daily battle I have acquired a Bachelors degree in Social Work from the Univ. of Michigan & a B.A. in Ministry, as well as Associates degrees in Mental Health & Psychology & obtained a lot of experience working with hurting & downtrodden populations, as I have allowed God to use me, lead me & guide me in being able to reach & provide some hope to many lost broken souls in the streets, in nursing homes, hospitals, Developmental disabled homes & workshops, Alzheimer clinics, addictions & many other different church groups.

So, again Agoraphobia & PD & its 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, think about this a minute, everyone knows someone who suffers from a life changing disorder, even if u haven't acknowledged the recognizable change in their life yet, e.g. They don't go out any more like they once did, don't talk, or smile as much, just don't seem like themselves anymore? Panic attacks are hard to talk about, but if you don't find the courage to bring it up, your friend could become lost in a fearful life altering darkness that may be trying to steal their life?

So from here on out, may God continue with us & guide us through learning how to change our thoughts, from these negative life changing thoughts, into truly positive life changing thoughts & feelings, as we get

back, to being who we were created to be, which working together we can do, by never giving up on ourselves.

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