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Free e-book to help understand anxiety and depression related problems and how to heal them

HELP FOR ANXIETY PHOBIAS OCD AND DEPRESSION

TERRY DIXON

A unique insight into anxiety-related problems

Help For Anxiety, Phobias, OCD, Depression and more...

The Help-For.com website e-book

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Important note: The information in this e-book is not intended to be used for self-diagnosis nor taken as a substitute for good individual personal professional medical attention. The intent of the author is to offer information to help you in your quest for well-being and no responsibility can be taken by the author for the way the information is used.

It is strongly recommended that anyone who is thinking, feeling or behaving in a way that they don't understand, a way that is debilitating or is causing pain and unhappiness should consult a medical professional and that a medical doctor should always be consulted for any persistent physical or bodily function problem to rule out physical causes before psychological reasons are explored.

And that, under no circumstances, should anybody stop taking prescribed medication without fully qualified medical supervision.

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Introduction

Anxiety Disorders (and depression) represent a life ruled by anxiety. An essential part of being human, anxiety is a survival mechanism evolved over millions of years, yet it can come to be with us more intensely, occur more easily and more often. It can become more powerful and give rise to problems involving such things as persistent worrying and apprehension (example: GAD) obsessions and compulsions (example: OCD), phobias, panic and depression. How we deal with our anxiety defines the disorder.

Long-term anxiety and panic, phobias, OCD and depression can leave us feeling helpless and that there is nothing that can be done or nothing we can do to be free of them. Years of searching, reading books and websites, finding what seem to be answers, trying ways to think, trying ways to behave, 'get-well quick' ideas,

therapy, medication etc. can leave us exhausted, without hope and even more anxious about our problem.

And yet, many people do successfully overcome these problems, usually after years and years of experience, research and experimenting with their problem. They find the answer. They don't suddenly wake up one day and their problem has gone; they grow, move forward and change. Their problem weakens and fades as they come to understand it, develop a new attitude towards it, think and behave differently.

Hopefully, this e-book can save you this time and help you to see your problem differently, see it for what it really is and how you, yourself can control and overcome it.

It is not about specific anxiety disorders / depression (there are many excellent resources that aptly describe these) it is about what underlies them all, how they all work and how they all can be weakened and stopped in the same way.

The advice is based on an understanding that these problems are not, at their heart, diseases or illnesses but learned behaviours involving deep-seated survival mechanisms that develop from ways we learned to cope with negative life experiences. The vast majority of people with these problems are extremely intelligent, more so than the average population, and are aware of the inappropriate thoughts, feelings and behaviours, yet feel powerless to stop them. It's the fact that we are dealing with deep-seated, instinctual behaviours that makes them so hard to control.

The advice is also based the premise that all anxiety disorders and depression are related and that they develop and grow in the same way. Every human being on the planet (indeed, every animal) is built in a way to develop an anxiety disorder given the right (or wrong) set of negative life experiences.

Introduction

A recurring negative thought is a recurring negative thought whether it is associated with 'failing' in a phobic situation or 'failing' to control an obsession or compulsion. Anxiety that is associated with the frustration of helplessness in depression is the same as the anxiety associated with the feelings of frustration when avoiding a fearful situation. They are the same because our minds and bodies are the same and the processes involved are the same – it's only what we link these processes to that differ.

This information deals with the causes rather than the symptoms and the processes they set up within our mind and body that leads to these problems. For example, take perfectionism; this is a symptom not a cause and most people with anxiety disorders and depression have a need to be perfect, they are driven towards perfectionism. Generally, most attempts not to be perfect fail until we understand why we act like this. If we try and deal with the symptoms, the cause remains, but if we deal with the cause, there's no reason for the symptoms to be there.

The key to overcoming most anxiety disorders and depressions involves understanding how they work. Like everything in life, when we know how and why something works we know how to stop it. To try and overcome these problems without this understanding is exceptionally difficult for whatever we may try, as soon as any symptoms occur, we think that it's not working, that it isn't the answer and we continue with our never-ending search for the 'real answer'. To stop anxiety-related problems, we have to know how they work and, more importantly, how the way to stop them works. Only then will we have the knowledge and power to overcome the natural setbacks that occur.

HELP FOR ANXIETY, PHOBIAS, OCD AND DEPRESSION

This information in this e-book can help you to understand what these problems truly are, how they work and the way to stop them.

‘The Problem’ describes the background to these problems and how they are all related and ‘The Symptoms’ shows just how we can think, feel and behave in relation to these problems.

In ‘The Answer’, we see how best to deal with them and ‘It Can Be Done’ explains just that, how and why it is possible to become free of anxiety disorders and depression.

To start to deal with these problems takes courage, for fear and self-doubt play a major part in them. And yet, if you have admitted to yourself that you have a problem, you have already taken one of the most courageous steps.

We all learn and grow through our experiences. In anxiety disorders and depression we learn and grow in a negative way. But this can be turned around whenever we choose and we can become stronger, wiser, better for the experience. Armed with the right knowledge it is possible to become free.

1

The Problem

Generalized anxiety disorder and panic disorders, phobias (social phobias, agoraphobia and many specific ones), OCD (obsessive compulsive disorders) and many forms of depression can overwhelm us and leave us feeling out of control. They feel as though we are driven to act like this, strengthen with every 'attack' and lead to constant searching for reasons and answers. Involving self-doubt, insecurity and fear, they can appear too powerful to deal with. However, it is possible to master these problems, no matter how powerful they may seem - for the power they have over us is the power we, ourselves give them.

"Fear can, though it is not God, create something from nothing"

- Caspar de Aguilar

In general, most anxiety-related problems (including depression) reflect ways we learned to cope with our life experiences. They strengthen, grow and change as we do and when we understand and treat them as such - we can successfully deal with them.

... You're running down the road, you are frightened, something is behind you. You can feel its presence *bearing* down on you. It's chasing you, it's *overbearing* and you know that if it catches you it will destroy you. Wherever you run it follows, down every street, down every alley it's still there right behind you. You run into a house and hide ... still it comes. Managing to glance back you see it, it is in fact a ... *giant grisly bear* ... snarling ferociously and wanting to destroy you. Tiredness is setting in, you've been running for so long and still the bear is right behind you.

What can you do? How can you escape? You turn a corner and you see it, there in the distance ... your salvation ...

Twenty yards in front of you ... *a flagpole* ... you'll be safe up there, the bear won't be able to get you. You make it and climb to the top just as the bear reaches the bottom of the pole. Seeing the bear down below you breathe a sigh of relief, you are safe.

Suddenly you feel scared, you realise that you are thirty feet in the air, any wrong movement and you could fall, you must stay alert at all times to prevent this. So there you are ... at the top of the flagpole, unable to go down towards the bear, constantly alert lest you fall

The above describes a dream, a dream that symbolises anxiety-related disorders and how we can live our lives - constantly alert, lest we fall (fail) ... always anxious to some degree.

When we suffer from an anxiety-related problem, we are not alone - many, many people are feeling the same way.

Anxiety-related problems can range from chronic shyness and low self-esteem to disorders involving how we think, feel and act - shown in the five main types of classified disorders:-

1. **Generalized Anxiety Disorder (GAD):** Involves long-lasting exaggerated and unrealistic worry (over such things as:- health, family safety, money, chance of accidents) accompanied by anxiety symptoms such as trembling, being on edge and body aches.

2. **Panic Disorder:** Attacks of panic that appear to be for no reason involving heart palpitations, chest pain, sweating, trembling and fears of a heart attack, dying or losing control.

3. **Phobias:** Can be specific such as the fear of a category of objects (eg. dogs, snakes) or generalized, where the fear occurs in many situations eg. Agoraphobia: the fear of outdoors or places where relief and / or escape from a panic attack would be difficult and Social Phobias (Social Anxiety Disorder): the fear of situations where we have to do things in front of others and we fear they may judge / ridicule / reject us).

4. **Obsessive Compulsive Disorder (OCD):** Characterised by the performing of rituals or routines (compulsions - eg. hand washing) to relieve the anxiety caused by recurring thoughts (obsessions - eg. fear of being contaminated or contaminating others).

5. **Post Traumatic Stress Disorder (PTSD):** The re-living of an experienced traumatic event through such things as flashbacks or nightmares. This can lead to avoiding similar situations or places, emotional numbing and physical symptoms of anxiety.

High anxiety also forms the basis for many types of Depression, which involve intangible pressure and feelings of not being able to cope, frustration and despair - wanting to be / do something but knowing we can't. Eating Disorders also have anxiety at their core.

Disorders that develop can vary as infinitely as individual life experiences - yet they all develop and grow in the same way - they've got to, for we are all human with the same evolved fears and drives, the same nervous systems and we all function in the same way.

One thing that seems to underlie the development of most anxiety-related disorders is panic. More specifically: panic attacks or the first panic attack – after this everything changes.

The day our experiences result in extreme anxiety or panic attack about which we become acutely aware, from that day on our lives have changed. From that day on our subconscious takes over in a way that we previously didn't need it. We now become driven to find reasons and answers, driven to constantly watch ourselves and driven to look out for failure and negative outcomes, to concentrate on that one bad quality or weakness among the many good and strong ones. We are driven to behave in ways that make us angry or scared, despairing and frustrated, ways that make us more anxious, ways we believe help to protect us.

Anxiety and Panic

Imagine you're lying on a beach. It's a beautiful day, the sun is shining and there is a gentle breeze wafting over your body. Sounds of nature fill the air as you chat and laugh with family and

friends. You are surrounded by people you love and respect and who love and respect you. You feel warm, contented and happy, totally relaxed, anxiety-free.

Now imagine a very different scene. It's the dead of night; you are alone walking down a dimly-lit alley. There are doorways on either side - who knows what's hiding in them, waiting to pounce? You are scared, your senses are heightened - your sight and hearing have become more sensitive, able to pinpoint the slightest movement or sound. Your breathing and heartbeat have become more rapid, you feel light-headed and dizzy, want to go to the toilet or throw up, your limbs feel shaky and your whole body is now charged with energy, full of anxiety, ready to fight or flee, possibly for your life.

These two scenes represent either end of the anxiety scale. In the first we feel warm, secure and safe, we are fully relaxed. In the second we are fully tense, in a state of preparedness, highly alert and scared. Anxiety and panic are a series of mind and body reactions that have evolved over millions of years and are essential to the survival of all living things.

Anxiety probably serves many functions, but two of the main ones are:-

It helps prepare our body for action, make us more alert, ready to fight or flee from any imminent threat to our survival - this is related to the direct anxiety symptoms such as fast heartbeat, fast breathing, being jittery and on edge, trembling etc. We can go from being totally relaxed to totally tense in an instant (related to panic).

Anxiety Symptoms and 'fight or flee' - Physical anxiety symptoms result from the body re-directing resources to the major muscle groups (legs / arms / chest) to provide them with an energy boost to prepare us for action (ultimately to fight or flee).

- Our breathing becomes more rapid to get more oxygen for these muscles into the blood
- Our heartbeat speeds up to get the blood to the muscles quicker.
- Blood is diverted from the brain (making us light-headed and dizzy and the stomach (causing 'butterflies').
- Energy cannot be wasted processing any half-digested food in our system so we need to get rid of it quickly - either through the mouth (feelings of nausea) or the other end (wanting to go to the toilet).
- Other 'energy-wasting' systems (unnecessary in time of danger) are shut down eg. saliva production, giving us a dry mouth and difficulty swallowing.
- We sweat more to cool down all this energy production.
- The energy boost to the muscles makes them 'jumpy' / 'jittery' / 'jelly-like' / on edge ready for action

The same happens with panic, but it's usually instantaneous and more intense - for when panic occurs the danger is usually more sudden.

Anxiety also causes us to plan ahead for any potential dangers and how we may deal with them - an excellent survival strategy (it's better to deal with a danger or avoid it before we get in the situation) but an unfortunate effect of this is that we can get anxious / nervous just thinking about situations - a main ingredient in the causes of anxiety disorders - related to symptoms such as persistent negative thoughts and excessive worrying.

Anxiety and 'planning / worrying' - Seen in all anxiety disorders and depression.

- The main symptom in Generalized Anxiety Disorder (GAD)
- Seen in Social Anxiety Disorder / Social Phobia where we worry about / plan (to avoid) future fearful social situations
- Planning in Obsessive Compulsive Disorder (OCD) eg. to avoid dirt and contamination (cleaning) or to store various items (hoarding)

Self-protection lies at the root of all such planning and worrying.

Millions of people worldwide experience anxiety problems. It is estimated that in America alone, around 20 million people suffer from some form of anxiety disorder. The most common being Social Anxiety Disorder (or Social Phobia), affecting over 5 million people, closely followed by PTSD and General Anxiety Disorder. Around 1 in 30-50 people suffer from OCD and around 1 in 10 are reported to have a specific phobia. (This doesn't include extreme shyness, self-consciousness and other nervous conditions involving anxiety, which may work in the same way though not severe enough to be classed as disorders. For example, many people are shy enough to avoid certain situations, particularly where they feel nervous and uncomfortable in the presence of others).

And yet, these problems are part of the human condition, a part of how we work. This quote, over 300 years old, aptly describes them:

"The mind is its own place, and in itself can make a heaven of hell, a hell of heaven"

- John Milton (1608-1674)

Anxiety-related problems reflect subconscious ways humans have evolved to protect themselves. Almost everyone displays behaviours associated with anxiety-related disorders such as disturbing thoughts, ritualistic checking, the need for perfection, anxiety, panic and despair at some time in their lives.

How many 'normal' people:-

- Say 'touch wood' so as not to tempt fate
- Repeatedly check doors, windows, switches
- Take a drink before social functions
- Avoid public speaking at all costs

We may look at other people and think that they are more confident than us, but that is not always the case, confidence exists on different levels. Some people are very confident in some situations and not so confident in others.

“Those with a high level of confidence may have as many or more weaknesses than those with low self-esteem. The difference is this; instead of dwelling on their handicaps, they compensate for them by dwelling on their strengths”

- Alan Loy McGinnis

How do these problems affect us?

Does someone with depression feel the same as someone with social phobia or someone with OCD? The next section explains how these problems are related and details physical, psychological and behavioural symptoms that are common to many disorders involving anxiety.

2

The Symptoms

Low self-esteem and self-doubt (over the way we think, look or act) can play a large part in the development and growth of the increased anxiety symptoms seen in most anxiety and depression problems. Many of the anxiety disorder symptoms below reflect the way we feel about ourselves.

Disorders that can develop range from persistent worrying and feelings of apprehension, increasing and 'spilling over' into panic attacks, to phobias where the anxiety and panic becomes associated with objects or situations in which we feel vulnerable. They can involve obsessions and compulsions, forms of depression and physical illness.

The following list is an example of some of the symptoms associated with anxiety and panic, phobias, OCD and depression. They can be numerous, encompassing our thoughts, feelings and

actions, and may be related directly to anxiety at a given moment or generally to how we feel about ourselves.

Many of the psychological symptoms may be present whichever 'disorder' exists

Anxiety Symptoms

These are associated with our mind and body preparing for action and involve our body, our mind and our resulting behaviour.

Our body:-

- Breathing becomes more rapid
- Heart beat speeds up
- We feel dizzy and light-headed
- We get 'butterflies' in our stomach
- We feel sick and / or need the toilet
- Our mouth becomes dry and it feels difficult to swallow
- We sweat more
- We feel 'jittery' / 'jumpy' / 'on-edge'

Our thoughts:-

- We feel frightened
- We tell ourselves that we are physically ill, having a heart attack or a stroke or going mad
- We think people are looking at us
- We worry that we may lose control or make a fool of ourselves in front of others
- We feel that we must escape and get to a safe place

Our Behaviour:-

- We make excuses to avoid going out or doing things
- We hurry out of places or situations where we feel anxious
- Walk to avoid buses; cross the street to avoid people
- We may have a drink or take a tablet before doing something we find stressful

Anxiety Disorder Symptoms

These develop from life experiences, anxiety/panic and learning, and are usually expressed physically, psychologically and in our behaviours. Connected to heightened anxiety symptoms, almost everyone experiences these symptoms to some degree, more so in times of stress.

Physical – can include:-

- Headaches
- Digestion problems
- Bowel problems
- Allergy-type reactions
- Fatigue
- Constant colds
- Skin problems

Many of the above may be due, in part, to the suppression of the body's immune system by chemicals released into the bloodstream when anxious.

Behaviours – some examples are:-

- Chronic shyness – feeling nervous and uncomfortable or panic stricken in the company of other people. (Social Phobia / Social Anxiety Disorder).
- Excessive worrying – persistent and uncontrollable worrying about people / events / situations (GAD).
- Avoidance behaviour - avoiding situations where we can be judged, criticized and rejected or places (eg. outdoors) and objects where we feel vulnerable (Phobias).
- Obsessions and compulsions - attempts to reassure and protect ourselves - to decrease the anxiety over inner fears through a sense of having control over the situation. (Obsessive Compulsive Disorder - OCD)
- Hypochondria - constantly visiting the Doctor. Where every ache and pain becomes associated with being a serious illness.
- Depression - involves feelings of helplessness and hopelessness, that events are beyond our control and everything we try to do fails or will fail.
- Sexual problems - fears over losing control and being judged on performance can maintain these problems.
- Others include - aggression, sleep disorders and eating disorders.

Psychological – expressed through thoughts feelings and actions they can include:-

- Perfectionism – needing to be the strongest, the most beautiful or handsome, the cleverest, to have the best body, to do the best, to be the best etc.

The Symptoms

- Comparing – always comparing ourselves with others and coming up short.
- Self-Consciousness – constantly watching ourselves.
- Child-like – desperately needing the love and approval of parents and others.
- Fantasies - common ones include:- of one day being rich or famous or being great, loved by all.
- Excessive Tidiness - represent attempts to bring form and order to our world, to gain a sense of being in control.
- Symmetry - here, what is done by (happens to) one side of the body must be done by (happen to) the other side. This is also related to order and control.
- Ending sentences with questions - to shift the attention away from us to the other person.
- Mild paranoia – can involve constant feelings of 'being picked on' and feeling that 'others are treated better'.
- Body image - believing our body, or parts of it, are 'not good enough'.
- Posture - standing shoulders down, feet inwards and arms in front of body, trying to be small, almost apologetic for being there.
- Others include - persistent negative thoughts and images, constantly looking back for reasons and answers and feelings of having no control over our mind or body.

A diagnosis of an anxiety disorder often refers to the main set of symptoms. Yet most people experience numerous symptoms associated with various anxiety disorders, supporting the belief that these problems are all related and that they reflect behaviours common to us all, which evolve under certain circumstances.

Similar ways of thinking, feeling and behaving are seen across the anxiety disorders.

All anxiety disorders involve a state of higher than average physiological arousal, a nervousness - greater alertness, shown by heightened senses and a higher than normal resting heartbeat rate.

GAD and OCD both involve self-perpetuating thoughts relating to attempts to cope and gain control. Phobias and OCD entail panic when confronted by the feared object or thought.

Feelings of inability to cope with negative events occur with anxiety and depression, but those with depression feel responsible for the events while those with anxiety generally do not.

Panic Disorder, Phobias and PTSD all involve some form of avoidance. Ranging from that due to the overwhelming urge to escape in phobias (physical avoidance) to the cognitive avoidance strategies used in panic disorders (mental avoidance) and the emotional numbing seen in PTSD to avoid painful feelings (emotional avoidance). In both social phobia and agoraphobia the fear is increased in places where we feel trapped. For example - waiting in queues (eg. at the checkout) and in the hairdressers / dentists chair. All disorders involve feelings of not being in control - particularly panic disorder and agoraphobia where exaggerated fears of losing control are prominent.

Almost all anxiety disorders are preceded by negative life experiences. From the short duration, high-intensity traumatic events associated with PTSD (eg. violence-related) to more prolonged long-term stressors involved in many disorders

The most common symptom at the start of many disorders is usually a period of 'nervousness'.

Whichever anxiety disorder symptoms exist, the number of symptoms, the extent to which they occur, the situations in which

they appear and the way they interact with each other are as complex as the individual and the events experienced.

They can support and confirm each other and strengthen until they become part of the make up of an individual. It's not surprising that we tend to use such phrases as: '**It's just the way I am**' and '**It's a part of me**'.

However, such behaviours do make up **just part** of a person. Someone who is sad - is also at times happy, weak - is at times strong, scared - is at times brave and unconfident - is at times confident! What we need to do is reduce the bad feelings and increase the good ones. No matter how small they exist at the moment – **they do exist**.

"It takes but one positive thought when given a chance to survive and thrive to overpower an entire army of negative thoughts"

- Robert H. Schuller

Although you may not appreciate it at the moment, you do have special qualities that many people don't have, including some that could have only developed out of the struggle with feelings of self-doubt and anxiety symptoms ... you have the potential to become a much stronger, wiser person than one who hasn't experienced these problems

Can we change? Is it possible to overcome these anxieties? The next section explains the way to deal with anxiety and panic disorders, phobias, OCD and depression.

3

The Answer

These problems all involve heightened anxiety. In overcoming them, the goal is not to get rid of anxiety, for it is normal - it is part of being human. Anxiety helps ready us for action and is there for our survival. The aim is to understand why it has become so strong, change what it means to us and know how to reduce it and prevent it spiralling out of control.

It is possible to experience anxiety without it leading to panic, obsessions, compulsions or despair - to experience it and yet still be calm. In fact many people do experience anxiety like this frequently (job interviews / dating / performance situations - sports, social). They feel shaky on the inside but relatively calm on the outside, this is normal, this is part of anxiety, this is how it feels.

On a popular TV quiz show, where the contestants answer questions and can double their winnings up to a million, the quizmaster has said to many contestants, words to the effect - 'you look remarkably calm'. In nearly every instance, the reply has been the same - 'on the outside yes, but inside I'm shaking like a leaf'

However, when we have low self-esteem, anxiety and panic disorders, phobias, OCD and depression we believe that to have any anxiety is not right and associate the first sign of it with deeper meanings ... this is what makes it so strong.

If ten thousand people say you are good and you believe that you are bad ... you will feel bad about yourself. Conversely if ten thousand people say you are bad and you believe that you are good ... you will feel good about yourself.

THE ANSWER LIES IN WHAT WE BELIEVE

"A man found an eagle's egg and put it in a nest of a barnyard hen. The eaglet hatched with the brood of chicks and grew up with them. All his life the eagle did what the barnyard chicks did, thinking he was a barnyard chicken. He scratched the earth for worms and insects. He clucked and cackled and would thrash his wings and fly a few feet into the air. Years passed and the eagle grew very old.

One day he saw a magnificent bird above him in the cloudless sky. It glided in graceful majesty among the powerful wind currents, with scarcely a beat of its strong golden wings. The eagle looked up in awe. "Who's that?" he asked. "That's the eagle, the king of the birds," said his neighbour. "He belongs to the sky. We belong to the earth - we're chickens." So the eagle lived and died a chicken, for that's what he thought he was."

... AWARENESS ... Anthony de Mello

To change beliefs, we have to understand how and why they developed. We have to understand our experiences, the people involved and more importantly, the conclusions we drew about our role in them, for it's not the experiences themselves that do the lasting damage, it's what we make of them. We have to understand how we learnt to think and behave because of our experiences.

Various anxiety / panic 'disorders' exist (personal make-up and experiences probably determine individual forms). However, a number of factors exist which are common to them all.

Feelings of self-doubt, no control (and its related feelings of not being there) and self-imposed high, inflexible standards are just some of the things which need to be understood before we can loosen the grip of anxiety problems.

Ranging from shyness and low self-esteem to anxiety disorders and depression, each anxiety problem is unique to the individual. Expressions of social phobia vary from person to person just as those of agoraphobia vary from panic disorder and GAD varies from OCD.

However, as unique to the individual these problems are and as different to each other they are, these problems develop for similar reasons and strengthen in a similar way, a manner that reflects the way our mind and body works.

Our individual personalities probably develop from a mixture of genetic make up, experiences and learning. As such, how we behave depends on the knowledge that we gain from past experience (derived from situational clues, knowledge at that time, assumptions and reasoning) and how and why we apply this to present situations.

Differences in, and complex interactions between, the above factors give rise to our individuality.

We are all different, and yet, in one sense we are all the same. We all have similar body structures, we all have similar mind structures, we all have the same five senses and we all receive and process information through these senses and structures in a similar manner.

Therefore, it is not surprising that we all tend to deal with certain situations in roughly the same way.

Problems involving anxiety and panic, obsessions, compulsions and despair work in basically the same way and reflect the ways that our mind and body have evolved to deal with 'bad' experiences. Given your genetic make up, your past experiences, the knowledge you had in the past and the knowledge you have now ... your mind and body are working **perfectly**. However they are not working **appropriately**.

Our mind and body are so interlinked that in some ways it is difficult to distinguish between them, thoughts generate feelings and feelings generate thoughts. Anxiety leads to tension but also tension leads to anxiety.

Many people with long-term anxiety and depression problems exist in a higher than average state of tension. Their whole body can be tense to some degree for most of the time. It isn't surprising that various body aches and general fatigue can be associated with numerous anxiety disorders and depression.

A tense body is already making associations with anxiety, 'prepared' to spark off a worrying thought or image and start the ball rolling towards the panic, phobia, OCD, despair.

A relaxed body equals a relaxed mind and vice versa.

The upper chest and shoulders are one area where many people with anxiety-related problems maintain tension in their body. They constantly have raised upper chest and shoulders. For two reasons - first, this is a defensive posture (I would raise my shoulders if somebody went to strike me) - second, it stems from conditioning associated with the body's attempt to relieve tension naturally - sighing (letting out a deep breath) is a natural way to relieve tension.

Many people with these problems hold their breath a lot (especially before going to sleep) in order to sigh. This can lead to conditioning the body to have the chest and shoulders raised and also the development of breathing from the chest rather than the diaphragm.

Try this:- throughout the day notice how high your shoulders are and drop them down (as in Yoga - 'roll them over and back'). When your shoulders are lowered - do you feel ever so slightly more relaxed? Do this a number of times throughout the day (4 or 5 times) and when you are in bed before you go to sleep.

Insight and understanding are essential to overcoming anxiety problems. However, from shyness to depression, something else is equally important ... changing behaviour. We can't just think our way out of these problems - to change behaviour we have to do the behaviour (it isn't possible to learn to ride a bike just by thinking about it!)

Changing behaviour alone will not help if we still feel bad about ourselves or still have unanswered questions about the problem. Any force over which we have little understanding and even less control will always hold power over us, for it is unpredictable and could harm us and as such remains frightening.

Therefore, successfully overcoming anxiety disorders requires **both** insight and behaviour change.

We have to understand the problem (how it developed and it's effects) to such an extent that the search for reasons and answers can be given up, reduce the automatic negative thoughts, images and behaviours and develop more positive beliefs and behaviours.

Courage is not the absence of fear. It is feeling afraid but keeping those feelings sufficiently under control to be able to act appropriately.

Once we begin to understand how anxiety disorders work - much of the fear of them is removed. Once we understand the problem we are on the road to overcoming it.

"Fear cannot be banished, but it can be calm and without panic; and it can be mitigated by reason and evaluation"

- Vannevar Bush (1890-1974)

Low self-esteem, anxiety and panic, obsessions and compulsions and depression are very powerful.

They can make us feel as though they are too strong for us and that we cannot overcome them - but we can.

4

It Can Be Done

Change can be frightening ... the lack of control it involves can be disorientating and anxiety-provoking to almost everyone. Leaving part of the past behind can also cause depression and we all need help and support from someone, whether we are learning something new or changing our circumstances

Actually, most things we learn in life are initially frightening - such as learning to ride a bike, learning to drive a car and take, for example, learning to swim.

Most children, and some adults, go from being petrified of venturing into open water, clinging desperately to the side (a perfectly logical reaction since at the beginning they have no control and could drown) to being able to jump/dive in the water, swim underwater, tread water and swim wherever they want.

Learning to swim involves learning what to do to be in control, and confidence grows as the feelings of control grow.

Given the right instruction, guidance and support we can learn to overcome our fears by mastering the various stages involved - and so it is with anxiety and panic, phobias, OCD and depression.

Once we understand why we believe and behave as we do- there are many things we can do that help to:-

- Change those beliefs and behaviours
- Let go of the past and move forward
- Develop more accurate, positive feelings about ourselves
- Develop feelings of being in control and confidence

Once we accept that courage is not the absence of fear we are in a position to move forward. Guidance and support can help, but at times it can still be frightening. If we want to change (develop and grow would be better words!) we can't let fear hold us back.

We may feel that our problem is unique and requires specific help. For example, "I have OCD, how can help for Social Anxiety Disorder help me?"

Yet similar experiences, reasons and learning lie at the heart of all these problems. They develop and grow in the same way and are weakened and stopped in the same way.

What drives someone to scrub the skin from their hands? Or to avoid doing things in front of others? Or to starve themselves? Or to harm themselves? Or to perform endless rituals? Or to believe they are dying? Or to believe they are worthless?

How can a painfully thin girl with Anorexia Nervosa look in the mirror and see herself as fat? - even to the extent of pointing out which areas of her body are too fat?

How can someone see himself or herself as small / weak / ugly / stupid - when other people see them as just the opposite?

How can someone believe they are seriously ill when all medical tests prove otherwise?

The content may differ - but aren't all the above thinking, feeling and behaving in a similar way?

The following quotations reflect anxiety, panic, learning and life. The people are talking from experience and the quotes have been arranged according to the sections in this book.

The Problem:-

"Fear can, though it is not God, create something from nothing"

- Caspar de Aguilar

"He who fears he will suffer, already suffers from his fear"

- Michel de Montaigne (1553-1592)

"To dare is to lose one's footing momentarily. To not dare is to lose oneself"

- Soren Kierkegaard

"To fight fear, act. To increase fear - wait, put off, postpone"

- David Joseph Schwartz

"He has not learned the lesson of life who does not every day surmount a fear"

- Gaius Julius Caesar (100-44 B.C.)

'It takes more courage to reveal insecurities than to hide them, more strength to relate to people than to dominate them, more 'manhood' to abide by thought-out principles rather than blind reflex. Toughness is in the soul and spirit, not in muscles and an immature mind'

– Alex Karras

The Symptoms:-

"Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained"

- Robert Albert Bloch

"We probably wouldn't worry about what people think about us if we knew how seldom they do"

- Olin Miller

"The mind is its own place, and in itself can make a heaven of hell, a hell of heaven"

- John Milton (1608-1674)

"Better to do something imperfectly than to do nothing flawlessly"

- Robert H. Schuller

The Answer:-

"We cannot escape fear. We can only transform it into a companion that accompanies us on all our exciting adventures"

- Susan Jeffers

"Fear cannot be banished, but it can be calm and without panic; and it can be mitigated by reason and evaluation"

- Vannevar Bush (1890-1974)

It Can Be Done

"Fears are educated into us and can, if we wish, be educated out"

- Karl A. Menninger

"Look not back in anger, nor forward in fear but around you in awareness"

- Ross Hersey

"Courage is a special kind of knowledge; the knowledge of how to fear what ought to be feared and how not to fear what ought not to be feared"

- David Ben-Gurion

"Courage is resistance to fear, mastery of fear - not absence of fear"

- Mark Twain

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do"

- Anna Eleanor Roosevelt

"It takes but one positive thought when given a chance to survive and thrive to overpower an entire army of negative thought"

- Robert H. Schuller

"Those with a high level of confidence may have as many or more weaknesses than those with low self-esteem. The difference is this; instead of dwelling on their handicaps, they compensate for them by dwelling on their strengths"

- Alan Loy McGinnis

"The way to develop self-confidence is to do the thing you fear and get a record of successful experiences behind you. Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved"

- William Jennings Bryant (1860-1925)

HELP FOR ANXIETY, PHOBIAS OCD AND DEPRESSION

"What we see depends mainly on what we look for"

- John Lubbock

"Whether you think that you can or you can't, you are usually right"

- Henry Ford

"Nothing can bring you peace but yourself"

- Ralph Waldo Emerson (1803-1882)

"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover"

- Mark Twain

It Can Be done:-

"A journey of a thousand miles begins with a single step"

- Chinese Proverb

"Character isn't inherited. One builds it daily by the way one thinks and acts, thought by thought, action by action. If one lets fear or hate or anger take possession of the mind, they become self-forged chains"

- Helen Gahagan Douglas

"I'm not afraid of storms for I'm learning how to sail my ship"

- Louisa May Alcott (1868)

"I have not ceased being fearful, but I have ceased to let fear control me. I have accepted fear as part of life - specifically the fear of change, the fear of the unknown and I have gone ahead despite the pounding in my heart that says turn back, turn back, you'll die if you venture too far"

- Erica Jong

It Can Be Done

"My imperfections and failures are as much a blessing from God as my successes and my talents and I lay them both at his feet"

- Mohandas K. Gandhi

"Failure should be our teacher, not our undertaker. Failure is delay not defeat. It is a temporary detour, not a dead end. Failure is something we can avoid only by saying nothing, doing nothing and being nothing"

- Dennis Waitley

"History has demonstrated that the most notable winners usually encountered heartbraking obstacles before they triumphed. They won because they refused to become discouraged by their defeats"

- Bertie C. Forbes

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired and success achieved"

- Helen Keller

There's nothing magical or mysterious about the way to successfully deal with problems involving anxiety, panic and despair. Indeed most of the quotations above provide some insight into the way to do it.

But it is easier said than done to face up to these problems and to do it requires the right knowledge. The right knowledge can take away the 'fear of the unknown' element in these problems and give us the power to face them. We can earn this knowledge through years of living with our problem, searching and gathering information and experimenting with things to do ... or we can be given it.

You may feel that you don't have the ability or courage to start dealing with your problem, but you have, for all our minds and bodies work in the same way and in the same manner that these problems develop and grow, they can be weakened and stopped.

5

Self-Help

The aim of this e-book is to provide insight into what these problems really are rather than merely classify them by symptoms. Anxiety-related problems develop from our life experiences and how they made us feel (usually afraid). They reflect the way our mind and body tries to protect us because of these feelings.

This insight is for those who suffer the anguish, despair and depression of loneliness rather than face the perceived rejection that social failure may bring

... it is for those who experience as much fear and panic in phobia going into a shop or stepping outdoors as if they were going to face a firing squad

... and for those who are so convinced that they are physically or mentally ill that no medical tests can convince them otherwise

... it is for those who scrub themselves hundreds of times a day or repeat phrases / rituals, obsessed and in compulsion to allay the anxiety and prevent some perceived catastrophe or retribution from 'higher forces'

... for those who look back on a life with regret, in depression longing for the person they feel they could have been or should have been.

It is for all these people because the underlying causes of these problems are basically the same. They develop and strengthen in the same way and can be weakened and stopped in the same way.

Hopefully this e-book can help you to develop a new attitude towards your problem, what it actually is and how you can deal with it. If you would like to know more, the book 'Evolving Self Confidence' explains these problems like never before and shows how to cure the very cause of them ... to stop them completely.

Please don't let fear hold you back, for in this life there are three things of which we can all be certain:-

- Life waits for no one.
- Tomorrow never comes, and
- Nothing worth having or achieving in life comes easy.

With all of these problems, the journey, the action and the 'do-ing' don't just bring about change, they are the change.

Of course change can be scary; if we stay as we are the dream stays intact: of one day being good, great, loved by all. And that illusion of control does offer us some feelings of control, whilst change is new and frightening – but it is just an illusion, real change can only come through doing, not dreaming.

Children often have 'comfort toys' that they take everywhere as they undergo the constant changes in their lives: something old and reliable and 'known' to fall back on. In a sense, it is less frightening to be something that we know than something we don't; change equals unknown and is inherently scary.

But another way to look at it is: not as scary but a challenge, and life is all about challenge. Extremely popular computer and video games actually reward success with greater challenges - offering insight into what achieving success in life takes?

In this world of profit-driven, success-orientated goals of false materialistic happiness the incidence of feelings of 'not being good enough' and anxiety and depression can only increase, and yet in one sense, it is the people that have experienced these problems that reflect the truly good human qualities. Soul-searching and introspection can lead to an understanding of our own behaviour and that of others, acceptance of our own 'faults' and those of others and an appreciation of the effect of behaviour on others.

Without doubt, if the excessive anxiety, panic and despair could be reduced for sufferers of these problems society would benefit greatly.

Remember, you're not alone. Think of all the other people who are in the same position as you, and if you do this you can be sure that someone is thinking of you.

It can be difficult to be happy or have something to smile about when we have a long-term anxiety or depression related problem and a sorrowful expression could in itself help strengthen the effects of anxiety and despair.

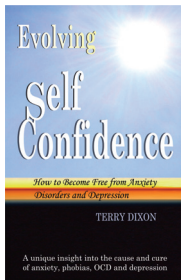
(We all feel better when we are laughing)

Try this:- Imagine a big grin on your forehead (just imagine it - don't try and make your forehead smile). You should feel the corners of your lips raise ever so slightly.

Try it a number of times (3 or 4 times) throughout the day or when you feel that you have nothing to smile about.

If you would like to know more, the new book from Help-For offers a totally new insight into the cause and cure of these problems:-

Evolving Self Confidence (ISBN: 9780955813603 288 Pages)
How to Become Free from Anxiety Disorders and Depression



Inside, you'll discover:-

- What these problems really are.
- Why we get them.
- Why they affect us like they do.
- How to stop them completely and permanently.

For more details, please visit:

<http://www.help-for.com/evolving-selfconfidence.htm>