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Making An Anxiety, Panic Attack And Agoraphobia Breakthrough

I very much hope you are finding the newsletter installments useful. Even if you are not already a subscriber you can easily subscribe to my free newsletter.

I'm about to discuss something that many anxiety, panic attack, and agoraphobia sufferers have found to be very helpful, what really, in my opinion, can lead to a breakthrough, especially those with the following issues:

- Having a racing heart
- Feeling dizzy or like they were going to pass out.
- Fearful of the next panic attack.
- Fear of going into enclosed places such as work, shopping centers or even the bus.
- Reportedly were a rational person and then one day after having a panic attack felt extremely frightened of the next attack and also had circular anxious thoughts thereafter.
- Wondered how long it would take for their symptoms to go away.
- Wondered if their symptoms were something else.
- Fearful of an attack coming on in a place where they couldn't quickly leave and get to safety.
- Afraid of losing their jobs.
- Any many other issues related to anxiety, panic attacks and agoraphobia.

When you're dealing with the above issues, it is definitely important to have reassurance that you do not have a medical condition by checking it out with a medical doctor and definitely important to see a competent psychologist or therapist.

But there's more.

Page 1 of 3

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My experience has been that the people who really get better for the long term are the people who are very proactive in their recovery. In other words, they are the people who not only see a competent professional, and follow their suggestions, but they also reach out on their own.

It's easier to reach out to someone who's walked in our shoes than somebody whose experience has not been personal. Doesn't that make sense?

I've always maintained that, in addition to a competent professional, one of the best persons to relate to is a former sufferer of panic attacks, anxiety, and agoraphobia who's gotten better and is willing to share how he/she did so.

Why is this so?

Well someone who's been in our shoes can relate to the issues we're experiencing. True that a professional can to a certain extent, but if they have not been in our shoes, they lack this personal attachment in the same way.

This personal attachment to the issues, I think, allows recoverers of anxiety, panic attacks, and agoraphobia to truly know what issues plague the anxiety sufferer.

Additionally these people often have learned techniques that led to their recovery.

Also, have you ever heard of recovering the mindset?

When I first heard "recovering the mindset" phrase I think it was in the context of a criminal investigator discussing how he could catch a criminal he'd been tracking.

The truth is that where I heard this phrase doesn't matter. The important thing is how it can help others.

First off, "recovering the mindset" for me involves seeing the world in the same way that someone you're trying to understand / help does. In the example of the investigator above, once he was able to think the same way as the criminal, it facilitated the investigator's ability to catch the criminal.

How does this relate?

As a former sufferer of anxiety, panic attacks and agoraphobia, each time I write an installment I am "recovering the mindset" of my days as a sufferer. I think former

sufferers and anyone one else, to a certain extent, do just that when they facilitate a breakthrough for someone.

Admittedly we are all different in some ways, but I think there are many common threads that truly allow the recoverer to be of benefit to a current sufferer.

Additionally, for me it's also become a true passion. I have a sincere interest in the topic and I'm always interested in staying current on real solutions for anxiety sufferers.

When someone has a sincere passion and interest this is expressed in their work. This expression can help to serve others. In my opinion, this is true in all aspects of our lives, in all walks of life. The people with the passion and true interest help influence others, in whatever field of work they're in.

For more information about these topics and all about panic attacks and agoraphobia, sign up to The Panic Attack Recovery Newsletter.

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