

# THE ANXIETY CONTROL SYSTEM

*(Free Sample edition)*

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*Step 1*



*Step 2*



*Step 3*



***Anxiety Free!***

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## *I - Message from the Author*

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**\*Please read –Important!**

Hello reader,

The fact that you have opened this document and began reading means that you are ready for a change in your life. You have taken the first step to recovery from anxiety. There are many strategies in this book to teach you what you can do to stop anxiety, but they require your effort and your time. I usually don't share these strategies with people because I figure it is a waste of both their time and mine. But why is it a waste of time? Most people with anxiety do not want to deal with their problems, they want to get rid of anxiety, but they don't want to work at it. In fact they don't think it requires work at all; they think other people should be "fixing" them.

I'm here to tell you that this is not the case. Anxiety is definitely your body telling you something is wrong. In what world do people fear getting on a bus. A perfectly safe method of transportation should not cause an individual to break out into a sweat and fear for their life.

You are about to embark on a journey of self-discovery. Starting today, the world you knew is no more and the new anxiety free world will come closer and closer. Please take the journey if you truly want to be anxiety free.

Before you go on you must know that some of the content in the book will confuse you. Some of the content will cause you to question your life. You might even disagree with some things I say. It could be the case that you might disagree with certain aspects of what I wrote. Just take everything in, think about it, and then take action.

You are free to contact me any time you have an issue something you read. If you disagree with anything, just let me know and I will justify my reasoning for it and then see if I can adjust the information to fit your situation. Just visit the site, <http://anxietycontrolsystem.com> and I will gladly assist you.

We are going to be discussing many different aspects of anxiety. First I included an introductory course on general anxiety topics. I added this so everyone, even those who have done no research for themselves, could learn how to stop their anxiety.

Once the intro is out of the way, the real strategies come in. Like I mentioned on my website, anxiety is like a tree. This book starts talking about how to get rid of the actual panic attacks (or the trunk) you have as they happen. This is a strategy that requires self-confidence and a deeper understanding of panic attacks. It is only a limited time assister to help keep you calm while you work on deeper issues.

Then I talk about calming yourself down in general and reducing your panic attack feelings (imagine trimming away the branches of the fallen tree trunk.) These are mostly relaxation methods, but they are also lifestyle changes.


Finally, we delve deeper into your own mind with step 3, figuring out what is really causing your anxiety (cutting the roots). This is the step that I am most proud of because it is what I had to go through before I stopped having panic attacks. I am confident this information in this last part is worth more than the entire book. This is the section where you might get confused or you might disagree with some of the things I say. Implementing some of the strategies in this section requires dedication and effort. You can't slide by with doing the minimum here; your entire self is required to help rid yourself of anxiety.

Please read the entire book through. In each section you will find that I weave everything written together. For example, you might find that I included some aspects of finding the true cause of your anxiety in the breathing section. I did this because it will help to solidify your understanding of your panic attacks and it will help you better deal with the problem.

I wish you the best of luck. And remember, I want to hear about your success story so you better send me an E-mail :-)

Thank You,

George Christodoulou

**Important Note:** Just a little tip. If you see this arrow  it means the material it's pointing to is extremely important so pay CLOSE ATTENTION or you will miss out on vital information.

## ***II - Introduction***

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## What is Anxiety?

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Everyone deals with anxiety at some point in their life. By definition, anxiety is similar to fear, although it may be difficult to tell why this feeling is there to begin with. Anxiety can leave a person with feelings of dizziness, fast heartbeat, sweating and much more.



In its most simple terms, anxiety is a fear of impending doom and it may not always be clear as to why this fear is happening. What many people do not realize is that anxiety is a normal part of life that everyone experiences. It is important to differentiate between a fear of something such as public speaking or flying and a seemingly random fear that comes out of nowhere; for example, a feeling of impending doom while you're riding the bus. Although this fear may seem like it is without cause, for the person suffering, it is very real and very terrifying.

Despite what the symptoms of anxiety are telling you, having it does not mean there is something physically wrong with you. Anxiety just

means that you are in a highly sensitized state where you become increasingly aware of anything that could be threatening. We all experience this and it is a natural part of life, but it is when anxiety becomes too overwhelming and affects how you function that something needs to be done. In a more severe state, a person suffering from anxiety can develop phobias in response to their heightened awareness.

Anxiety is not simply one thing; there are many types that are categorized in their own way. Anxiety is extremely complicated and can affect different people in different ways. Although there are different types, overwhelming fear and this highly sensitized state ties them together.

Panic Disorder – outbursts of extreme fear and anxiety for no known reason.

Obsessive-Compulsive Disorder – a need to perform rituals in an attempt to regain control that is often taken away by the sense of fear.

Post-traumatic Stress Disorder – being plagued by memories or events that arouse a feeling of intense fear.

Generalized Anxiety Disorder – anxiety that persists seemingly without reason.

Depending on the type of anxiety you are suffering from will effect how you choose to treat it based on exactly what it is and the symptoms that go with it.

## The Reason for Anxiety Disorders

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Anxiety itself is quite complicated and although there are many theories as to why people suffer from it; these are only theories. Many psychologists believe that anxiety results from a build up of repressed emotions or there is a chemical imbalance that cannot be controlled by the person.

Anxiety, whether you believe it is chemical or mental cannot really be held to one definition, so if you are suffering from it and do not seem to fit into any particular category, this by no means is because you have something worse than every one else. In fact there are even beliefs that anxiety is simply due to mental and physical exhaustion.

When something like a panic attack occurs, every part of the body is affected. Although there is nothing physically wrong with you if you are having a panic attack, there is a medical reason why you may be

experiencing them. Our nervous system is basically made up of two parts, the sympathetic nervous system and the parasympathetic nervous system; both work together when an outside influence causes our brain to send a signal to the rest of the body. The sympathetic system allows us to prepare for the danger and the parasympathetic allows us to return to normal.



The Fight or Flight Response – the fight or flight response is a natural response to danger when immediate action needs to be taken.

One of the most important things you can do when having a panic attack is to trust yourself and your body. It can be very easy to slip into thinking something more serious is happening than it actually is. While all symptoms of a panic attack are bombarding you and you are not sure why, the first thing you think is that something is medically wrong with you. However, panic attacks occur when these

parts of the nervous system are stimulated and many different sensations are being felt at once. Your body is intelligent and it knows that it cannot survive in a constant state of anxiety. Eventually, your parasympathetic system will kick in and you will be able to relax, just as the fight or flight response suggests.

## The Emotional Side of Anxiety

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As you may know all too well, many emotions are tied to anxiety and it seems inaccurate to say that one has nothing to do with the other. While repressing undesired emotions or memories may not be the sole cause of anxiety and panic attacks, there is no doubt that dealing with these emotions and being able to let go of them has a positive effect on anxiety.

In most cases, we are driven by our emotions and if we constantly repress them, it could lead to an unhealthy build up and when we reach an unbearable level, these repressed emotions or memories have no where to go and panic attacks are the only way they can be released.

Our emotions typically lead us to act a certain way that may lead to stress and panic attacks; for some people, this characterizes their feelings and how they act around others. For example, people who are emotionally unbalanced tend to do things that will help them be accepted by others. The more they repress what they actually want to do and focus on pleasing others, the more stressful things become.

## *Medical Reasoning Behind Anxiety*

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It is extremely important to remember that there is nothing physically wrong with you when you suffer from anxiety. It can be very difficult to see that when your body seems to be screaming something different. Doctors may try to place you in some type of category, it is possible you will not fit perfectly into one, but for their purposes, if you suffer from panic attacks, it is likely a chemical imbalance in the brain.

However, the idea that panic attacks are caused by something that more serious than simply reactions to different situations can negatively affect a person. By reasoning that there is an imbalance in the brain, it is harder to get around the idea that something is physically wrong, an idea that can severely lower your chances of overcoming your anxiety.

The medical reasoning behind anxiety is flawed in many ways because it does not take into consideration how different people react in different situations. There are even some people who live their lives in a stressful job such as investment banking and do not suffer at all from anxiety; until they find themselves in a situation where they have to speak publicly. In these cases, there really is neither chemical imbalance nor any evidence to show that there is.

Different people will react to situations that will normally cause stress and while certain situations such as a robbery or a car crash may induce a panic attack in people who otherwise do not experience them, chemical imbalance does not seem to be the cause.

This is not to say that a chemical imbalance is never the reason for panic attacks and anxiety. Very often there is a medical reason behind the attacks, but this is found more in people who are dealing with general anxiety disorder as opposed to sporadic panic attacks. In later chapters we will talk about my ideas about chemical imbalances and some new research that links them to diet.

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## ***Exhaustion and Panic Attacks***

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It is extremely important to take care of your mind and body. If you are experiencing panic attacks, it may be because of exhaustion. When your body and mind are not working at their best, you may become overly sensitized which then leads to a state of worry. Panic attacks are really no more than being overly aware of your surroundings and allowing yourself to become confused over all the sensations that are bombarding you. Most of us feel some sort of fatigue within the course of the day, but if you have no release, your body and mind will suffer which will have more of an effect on your anxiety than you realize. Taking care of yourself is the most important step in dealing with panic attacks.

A highly sensitized state is a result of the body and mind overworking with no release and the more you let these feelings take over, the less control you will have. Confusion often follows this state because it is difficult to pay attention to every sense that is working. Since the mind cannot process everything that is being thrown at it, it is more likely you will start to feel anxiety. If there is never a release, it could develop into a disorder.

If your mind and body are not at their strongest, you may begin to fall into a downward spiral. Leaving your mind weak gives a chance for

all sorts of demons to fly in and take control. Unfortunately, once they come in, it can take years to get rid of them. Exhaustion of the mind and body leave it weak and highly susceptible to demons like phobias, feelings of anxiety as well as being trapped.

## Effects of Anxiety on the Body

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Having a panic attack and dealing with anxiety puts more strain and the body and mind than you may realize. When the nervous system is stimulated and is overly active, many different parts of the body are involved in order to help calm the body and return it to its normal state.

Effects on the Heart – it is common to feel like your heart is racing and pounding harder than normal. When your sympathetic nervous system becomes over active, your body needs to make sure oxygen is being supplied to the places that need it. Blood vessels become tighter to make sure blood is not being wasted.

Another very common symptom of having a panic attack is a tingly feeling in your fingers and toes because the blood is needed more elsewhere.

Effects on Breathing - When you are having a panic attack, your body's first instinct is to protect you and make sure every part of it is getting what it needs. Naturally, to defend itself, the body attempts to get more oxygen. Breathing harder is not normal for the body, so when it does happen, feelings of hyperventilating are typical. The more these abnormal things keep happening, the easier it is to lose control and spiral downward into a more serious attack.

During a panic attack, it is extremely difficult to trust your body to breathe for you and in this time of fear, you do not want to take any chances. It is difficult to keep control of the situation, especially when you are having an intense attack. A very common symptom is that you are suffocating because of the tightness in your throat and chest and this will naturally lead to you trying to breathe on your own. However, trying to focus on your breathing while in the middle of an attack and thinking of all the things that can be wrong with you, can actually have a reverse effect and strengthen the other symptoms.

Breathing in a way that is so unnatural to the body and is brought on by anxiety can also lead to other effects. When the body breathes so heavily, there is actually a decrease in the amount of blood that reaches the head. Although this is not a dangerous amount at all, it can lead to dizziness, confusion, blurred vision and nausea. These effects do not have any high risk of fatality, but in the state of a panic attack when nothing is making sense, these symptoms can seem deadly and make the attack much more serious.

Other Side Effects of Anxiety – it may be very difficult to keep in mind that you are in no physical danger while you are having a panic attack. Although there are many side effects that you may experience, none of them are fatal. Everything that you feel is actually happening in order to help you and come as a result of making sure your body is getting everything it needs.

You may have blurred vision during an attack; this comes because the pupils widen to allow for more light. You may experience dry mouth because of the lack of saliva or nausea and constipation because the digestive system slows down. Having a panic attack affects the entire body because it is trying to protect you and prepare you for any danger, even if you create a false danger, your body will respond in the same way.

Muscle tension is common because in an attempt to prepare you, your body is reacting in the only way it knows how. After the attack is over, you may feel drained and without energy and this often frightens people into thinking something must be really wrong with them. It is extremely important to remember that these symptoms of a panic attack do not mean that something is physically wrong; your body is just doing what it can to protect you, so trust it. This process is exhausting, so it is natural that you will feel tired afterward; your body is doing everything it can and using up a large amount of energy at one time to make sure you are safe.

## *Effects of Anxiety on the Mind*

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When danger is thought to be around, the first thing that the mind does is make you aware of everything that can be causing it. However, when the danger is only a manifestation of your mind and does not really exist, the mind has no choice but to look at everything it can and evaluate the potential dangers; this can of course be exhausting. The mind is very fragile and dependent on



you, so if you lead it to believe there is something worth being afraid of when there really is not, the mind trusts you and will react.

Since the mind trusts you, if it cannot find anything that has the potential to cause danger, it will turn inward and look for something physical. The mind can think it is something as insignificant as something you ate or as fatal as having a heart attack. Simply by not knowing and coming up with such a large range of possibilities can spark a panic attack.

## **GAD and how to treat it**

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GAD or general anxiety disorder is a form of anxiety that is always around. You always feel nervous and you just don't know why. For most people dealing with panic attacks, they come and go. In between the attacks, the person functions normally. However, for those who have a feeling of anxiety that they can never seem to get rid of, they may be dealing with General Anxiety Disorder. Things that typically cause stress such as money, family or health are often worried about to a point where the person cannot sleep or eat and may feel physical pain.

For people with this disorder, the stress levels that are experienced in their daily lives are far above normal. Having a panic attack will greatly increase these levels, but after the attack has passed, the levels do not go down to a healthy level.

If you are dealing with this disorder, do not be misled by the term disorder. Just as with those who deal with anxiety that is spread out, you too have nothing physically wrong with you, despite the fact that it is called a disorder. In fact, the more you believe there is something physically wrong, the harder it will be to deal with your anxiety. It may be very difficult to get your mind away from the idea that there is something wrong when there are so many constant symptoms that point to an illness, but you need to trust that there is nothing physically wrong with your body or your mind.

For your body to function at its best, your nerves need to be at a healthy level. When you often experience panic attacks, have trouble sleeping or eating or find yourself worrying excessively, it can be difficult to relax. It is extremely important for you to give your body time to relax and release any build up of tension. In order for your body to release the tension, you must have the right attitude and a belief that you can overcome your panic attacks. The more you

believe you can take control of your emotions, the faster you will be able to heal.

The more you think about your anxiety and place it in the position of power, the harder it will be to stop the attacks. Your attitude and acceptance of anxiety is going to be the determining factor of whether or not you succeed. The more you question your power over the situation, the easier it will be to become a victim. Remember, you want to acknowledge your emotions and your anxiety as it comes over you. If you struggle and try to resist these feelings, your body will never learn how to deal with them properly. These negative thoughts will aggravate your nerves and soon you will start to believe there is something physically wrong with you; eventually the fear and anxiety will return.

## How do you stop over active anxiety?

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Stopping over active anxiety will take a lot of time and effort.

Unfortunately, one technique is not going to make your anxiety stop.

Imagine your anxiety is like a tree that needs to be destroyed; you cannot simply cut the trunk down because you leave the source of the tree; you need to get to the root. This same principle can be applied to anxiety and stopping it for good. The best thing you can do is attack your anxiety on three fronts:

**Chopping the trunk** – stopping the actual attacks

**Cutting the branches** – calming the feelings of anxiety

**Cutting the roots** – what really causes your anxiety

By learning to eliminate all three elements of anxiety, you are able to find the real cause of your problems and attack anxiety head on.

Anxiety is very complicated and very often, simply stopping the attacks or only changing diet and exercise is not enough, though it is not useless. The Anxiety Control System is not just about learning to strengthen your mind and body with proper diet and exercise or learning to move with your anxiety; its about finding the root of it and destroying it for

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## ***III - Step One: The “Go with the Flow” Technique***

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I hope the first chapter was enough to help you learn something about anxiety. The full version contains the information on the table of contents. Some of the table of contents are also blocked as well.

