



Affective Center for Therapy

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GETTING THROUGH PANIC ATTACKS

OR

HOW TO RETRAIN YOUR MIND TO GET RID OF KINKY THINKING

A Panic Attack is PTSD without the flashback. Neither PTSD nor Panic Attacks are caused by trauma. Both are caused by a shift in your thinking. Up until you developed one of these environmental disorders, you saw the world pretty much as it is, somewhat safe, with areas that could be dangerous. You did not spend a lot of time worrying about it because you believed that you could deal with whatever misfortune might happen.

Then one day, there was a shift in how you viewed the world. This might have occurred after a series of events that made you question your perceptions of the world and your ability to cope with the dangers that now seemed to be all around you. Or, there may have been just one or two catastrophic events that convinced you that the world was *not* safe and that you were not able to protect yourself in this unsafe world. That shift in thinking is what brought you to a new awareness and to the panic attacks.

You can now say that Panic Attacks and PTSD are learned from your life experiences or from your environment (you are not crazy). What is learned can be unlearned!

Step one: The other side of the unlearning process, is to accept responsibility for the fact that you think and you can think anything you want to think. "It is my thinking that is creating all this anxiety."

"Thinking is something we do to create our reality, rather than reality being something that is reflected in our thoughts. Thoughts come from the inside out, not from the outside in. We can think *anything* we choose to think. Our emotions are then a direct result of what we choose to think. Any form of insecurity, stress, or anxiety is a direct result of believing thoughts are *reality* rather than products of our thinking ability." Jane Nelson

You are not a victim to your thoughts. I am not saying it is easy, but YOU are in charge of what you choose to think! At times, it does not seem like it, but you are the one who thinks.

Step two: Change your self-talk by checking to make sure that you are in a safe area: home, business, street, etc. Acknowledge aloud, "Where I'm at now is safe. Therefore, what I am thinking is just a *trick* of my illogical thoughts."

However, not every place is safe. If you are in a dangerous area of town, GET OUT NOW. But, if it is safe where you are, then go to step three.

Step three: Now that you know that it is just a trick, get angry at your brain. “You are not to control me with your tricks. I don’t care how much you scare me. You are not going to control me! Bring it on; give me the worst that you’ve got! You are not going to stop me.”

Step four: Now, you must act on what is the truth and do what you are afraid to do. If you act on the trick that your mind is playing on you, you have just reinforced the trick and the fears it creates will get bigger and spread to other areas. This is how you can create agoraphobia where you are afraid to even leave the house.

The goal is to change your belief system back to what you used to believe: The world is mostly safe most of the time and I am able to handle whatever happens. This is a short guide to change. If you are not able to get change, be sure to find a therapist who understands anxiety disorders to help you find the freedom from anxieties attacks.

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