

Anxiety Disorders

I worry about many things and I dictate to control the concerns.

My anxiety is not limited to one or several situations with similarity among them. As happens in the rest of anxiety disorders. It is as if there is always something to be worried about: small problems in studies, work, or relationship issues; having accidents on the way home... At any moment, something can go wrong or something can happen.

And, furthermore, it becomes impossible not to get anxious about the small things in life. Distinguishing between what is possible and what is probable. The real problem that chronic sufferers face is distinguishing the possible from the probable. In reality, everything is possible. You can go out into the street and be run over at your doorstep, fail an exam that you have been studying for a long time... Everything is possible. But..., is it probable? That is the question. Not everything is probable. Millions of people go out into the street every day and very few are run over. And, generally, the exams are passed by the students who are better prepared.

It is true that some may get nervous and not be able to demonstrate their knowledge, but at the end of the day, many people pass when they should have gotten the same grade. Negative anticipation is a mental scheme. One of the characteristics of the chronic worrier is that they exert excessive control over the people they care about. Furthermore, they consider themselves a sufferer out of their own necessity. They need to know about others to feel calm and at ease.

They tend to interfere in the lives of others to avoid their own suffering, and they transmit the message that you have to inform them to correspond to them since they are suffering because of it. Consequently, if you do not do it, you can succumb to a constant state of guilt if you do not take care of calming the anxious person, so that you end up feeling responsible for their well-being. In this case, the imagination surpasses reality.

The one who suffers excessively has characteristics of this disorder. The excessive worry formation causes a genetic predisposition that has a more moderate functioning for the intensive alteration of the emotional core hemisphere. It is the left brain (which if worried supports the excessive thinking and logical reasoning), and a certain degree of inhibition generates the right side, which is responsible for basic emotions that are seen in the mind.

This constant anxiety manifests with physical symptoms such as impatience, restlessness, muscle tension, inability to concentrate, problems to sleep, and perceiving that danger is more probable than what it really is. On the other hand, they believe that their resources to defend themselves against adversities are scarce. It is clear that they are distorting the probabilities of occurrence of danger and their salvation. Psychologists consider that a primary trait of the sufferer is that they cannot tolerate uncertainty. They sometimes prefer to know the negative result rather than remain in suspense. They tend to equate the unpredictable with a bad outcome.

Worrying is their struggle to achieve some certainty. They develop all kinds of solutions for every possible problem, in order to obtain answers for every unforeseen event, but these are never sufficient so that there are no guarantees in an unpredictable future. Negative anticipation is one of the main mental schemes of the chronic worrier.

Evaluation of Objects

Every time an overwhelming worry arises, an objective analysis must be made with these procedures:

Determine the real possibilities that the feared event will happen.

Recall similar previous situations to be realistic.

Evaluate the consequences.

See how horrible what is feared really is.

Do not distort thoughts or be catastrophic.

Plan to prevent the feared event.

Try to be very specific and create a rational discourse that can challenge any exaggeration.

Build tools to face what is taken into account in case it occurs.

Try to get out of the contemplation of the terrible and try to be practical in the actions that are undertaken.

Always be concrete.

With these steps, summarize the analysis in two or three phrases.

With these self-affirmations in mind and writing them down if necessary, the worry is resolved.

Once the process has been completed, try to think of more positive things.

This is a tendency to focus on the terrible results that could arise in the future.

This difficulty in tolerating the uncertain leads to considering worry as something useful in life.

They may come to believe that this is a means to prepare for the worst and to be ready for any misfortune that may happen.

Mental activity seeks to predict the future in such a way that surprises do not occur.

Thus, by mitigating the anxiety due to insecurity, mental activity becomes more and more active because, in principle, it comforts them.

For this reason, they assume that worrying is the most effective strategy to ensure that life is under control.

But the reality is that worry does not usually achieve that effect.

Also, the fact of suffering does not change the probabilities of what has to happen.

Life remains equally uncertain.

The only thing that changes is the perception of control.

An illusion of having control is generated that, in the end, incurs a high cost: imagining the worst scenario while feeling bad and nervous during the process.

Really, this false sense of security does not justify the ingrate consequences of excessive suffering.

Four Steps to Reduce a Worried Mind

1. Organize mental material more efficiently and not waste energy on unnecessary worries.

Build a more focused mind that directs us to the action of what is important.

1. Rearrange the concerns.

That is, do desk tasks.

The duties consist of finding an appropriate moment, preferably at the same time, to dedicate oneself to worrying.

For this, one should choose a topic that has particularly troubled them.

With this, one can also learn when is the right moment to do it and when not.

The dedicated time has an end, so that the worry does not continue indefinitely.

1. Concentrate and be aware.

Reserve 20 minutes to unload.

One must know what they feel, the emotions, and the discomfort.

And not get distracted from the chosen topic.

Disconnect when the time is up.

One must abandon the topic when they are out of the dedicated time.

When the thought arises outside of the time, it is enough to remember that it will be examined when the worrying time comes.

The frequency of worries should gradually diminish, and so should the duration of the worrying moment.

Some problems may have been solved.

Remember that you can call the psychological help number 807 51 7071, which appears on the Psychological Help card, to receive assistance and have a consultation regarding family, couple, psychological, or social problems.