

ANXIETY

The Core Belief that causes Anxiety

Anxiety sufferers hold the belief that they desperately need to attend to any potential threat that could jeopardise their goals. They further believe that these threats can be controlled by acts of Prevention.

We all take acts of prevention in our life, take an umbrella if it looks to rain etc. But anxiety sufferers take these acts to the very extreme.

The core belief is that in order for goals to come to fruition one must take control of how life will unfold. Because, if their goals were not to be reached, their belief based on the 'Get your life right' model would be confirmed.

An anxiety attack is a state of anxiousness which occurs when there is fear of an event that may interfere with one's desired outcome or plan. However, panic attacks are a more serious state, both physically and mentally, as the person holds the fear of anxiousness in relation to both loss and death.

Anxiety Vs Depression

It is quite common for anxiety to be diagnosed as depression; however these two illnesses are completely different and therefore must be treated that way.

An anxiety belief system is identified by the person having goals; however their main focus is using extreme forms of prevention to insure these goals are fulfilled and life goes 'correctly'.

Whereas a depression belief system, is identified by the person believing they are not worthy of setting goals and therefore have none. It is quite common for a person suffering from depression, that once their depression is neutralised, the next state they may experience is anxiety. This is due to the fear that if they do not make the right choices (prevention), that they may slip back into a state of depression.