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Anxiety Attack Causes - What Really Lies Behind The Disorder

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When a person suffers from anxiety attacks, it can be quite frustrating for the sufferer to contend with. It can interrupt the day to day life of the person dealing with the anxiety.

For many people, it is not just one issue or dilemma that causes the anxiety attack but rather a culmination of things. By finding out what causes the disorder, it can help the person in the quest to regaining control of one self as well as decreasing the amount of attacks that occur. Like previously stated, the attacks come about from many different reasons, situations and objects.

During one time or another, each and every person finds themselves in an uncomfortable and stressed induced, anxiety-filled situation. From being afraid of speaking in front of people, doing a job interview or just meeting people for the first time, it all adds up to people suffering an anxiety attack.

When a person begins to suffer the symptoms of the attack in the psychological standpoint, physical ones also tend to appear from the intensified anxiety level. If the person can pinpoint what are the causes behind their suffering, they can find ways avoid the situations. But facing the problem or problems head on is better than running away from it.

Three Causes Behind Anxiety Attacks

- Social Anxiety
- Objects
- Pre Situation Anxiety

Social anxiety occurs when a person meets someone new or is approached by someone they do not know. Most of the fear stems from being made fun of or saying the wrong thing or also being thought of negative light. When speaking in front of a group of people, it sometimes is impossible for a person with anxiety disorder to not feel as if they will not mess up, leading up to the attack.

Another cause behind the attacks are objects. Bridges in particular can be quite stimulating for people afraid of them. Hearing negative items about a bridge including one such incident as in the Minnesota Bridge Collapse. The I-35W corridor collapsed during one of the 2007 rush hour traffic while it was being worked on. The tragedy killed several people but injured scores more.

Working to get over anxiety attacks around objects is not a feat that goes unbeaten... it is just a bit harder to work with. Working with a therapist will make getting "over" or complacent a bit easier for the sufferer. The therapist will come up with several plans for the sufferer to use.

For those things that have not happened yet, getting scared beforehand is rather common. A stressful job interview that everything in your household is riding on to get. A doctor's appointment where the doctor suggests the sufferers comes in to get the results. Anxiety of a child's impending graduation. All this can lead up to an attack. The cause behind these attacks have something to do with the way their brain processes information.

A therapist will help the sufferer in changing the way they think and find techniques to help them cope with situations that have not happened yet. When using the effective skills learned, it is possible to change the mind's way of thought.

Should you experience an attack but don't know why, speaking with a therapist can narrow down possible causes. The therapist can recommend techniques to use in every situation and may even recommend medication if the attacks warrant it.

Abhishek has got some great [Anger Management Secrets](#) up his sleeves! Download his **FREE 97 Pages Ebook**, "How To Effectively Control Your Anger" from his website <http://www.Positive-You.com/553/index.htm>. *Only limited Free Copies available.*

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