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Anxiety Disorder Symptoms - Don't be mistaken!

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It is widely accepted that, the most common anxiety disorder symptom remains frequent and unexpected occurrences of panic attacks. This particular symptom is worsened if the panic attacks are not tied to any particular event or trigger, thus occurring out of the blue. Moreover this first symptom leads to the second major anxiety disorder symptom which is constant and perpetual worrying about when and where the next panic attack would occur. This fretting and worrying in turn leads to the third defining anxiety disorder symptom, i.e. the alteration of one's behavior to avoid places and situations where one has previously experienced a panic attack.

You need to understand that an anxiety disorder is a mental illness in which the patient often suffers from repeated panic attacks and is a victim of persistent anxiety and/or change of behavior at the thought of having further attacks. An anxiety disorder is a very serious matter since the frequent occurrence of anxiety attacks prevents the patient from leading his/her life in a normal manner. As the severity of the anxiety disorder increases, the more the person suffering from it withdraws from society and from his/her social obligations. Hence, the sooner one gets treatment, the easier the whole ordeal becomes. To get treatment through gaining knowledge about the symptoms of an anxiety disorder is crucial as only when one knows about the symptoms can one have an early diagnosis.

While a panic or anxiety attack may last only a few minutes, the effects it has are far reaching; with the memory of the attack permanently imprinted on the victim's memory. Thinking about the intense panic and terror experienced during the attack can go a long way to completely destroying the victim's self-confidence.

As a result, people who suffer from a panic disorder, tend to exhibit two traits. Firstly, they are a victim of Anticipatory Anxiety i.e. 'the fear of fear'. In other words, people who have once had an attack, instead of going on with normal life after the attack has subsided, keep fretting and worrying about what the future has in store for them. This in turn leads them to suffer from Phobic Avoidance i.e. the avoidance of any and all situations which are believed by the victim as a causal factor of his/her panic disorder. In its more extreme form, Phobic Avoidance can lead to agoraphobia whereby the sufferer avoids all places where he/she might not find an escape route or feel embarrassed if a panic attack was to occur. Thus, the person may stop going out of his/her home to shop, to work, to exercise, and so on and so forth.

Hence, the seriousness of an anxiety disorder is pretty straightforward and obvious. It is for this reason that the anxiety disorder symptoms mentioned here need to be noted and looked out for. As stated before, the sooner the anxiety disorder symptoms are detected, the sooner treatment can be sought.

Treatment will usually take the form of medication, behavioral therapy, or a combination of the two. Alternatively, one can also try and cut back on things that cause anxiety. One should avoid taking on too much stress by eliminating things in one's day which cause stress or increase anxiety levels such as caffeine, alcohol, and nicotine. Instead, it would be a great idea to make room for a regular exercise plan and make it a habit to eat lots of fruits and vegetables. Additionally, one should also try and read up on various relaxation techniques. These techniques can help one gain control over one's anxiety levels by allowing a person to induce relaxation as and when he/she pleases.

Darren Bardsley is a panic and anxiety attack expert. A sufferer himself for the last decade, he has mastered his own disorder and is now sharing his vast knowledge and the secrets to a panic free life. For more detailed [anxiety disorder symptom](#) information, or to get our **FREE** mini-course on "The Secrets to Beating Panic Attacks", visit <http://www.panicattacksurvivalguide.com>.

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