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How to Control Anxiety Attacks - Fighting Your Fear

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Many people describe anxiety attacks as a lightning bolt out of a clear blue sky due to the sudden onset of extremely uncomfortable symptoms. Their breathing become rapid, they start gasping for air while their heart starts pounding madly, they feel numb and dizzy. These symptoms can be so intense that they feeling like dieing - literally.

For most, anxiety attacks often occur without warning and with no apparent reason. A person who have no anxiety problems in his whole life may simply start to have one suddenly.

The main problems comes when anxiety attacks start interfering with normal daily activity. For instances, a person may never have difficulties shopping alone, taking a bus or eating in public when they unexpectedly have an "attack" during one of those situation. After that episode, he could be so traumatized by it that he start associating that situation with extreme anxiety and avoid it.

For others, the thought of being alone is enough to trigger another attack itself. They seek security in the company of others and is convinced that their personal safety depends on having someone nearby at all times.

I am sure you will agree that neither situation can be deemed acceptable.

The good new is that anxiety attacks can be controlled and stopped forever. The biggest hurdle is in understanding the myths and facts about anxiety attacks. A large part of their fear of anxiety attacks stem from the myths that it will kill them, which is totally untrue.

Myth: The attacks are caused by my medical problems.

Facts: Anxiety attacks are rarely caused by medical problems. The way you REACT to your medical problems can induce anxiety attacks.

Myth: Anxiety attacks causes me to have heart attack.

Facts: Unless you have an existing heart condition, such attacks DO NOT pose any threats to the heart. You CANNOT have a heart attack due to anxiety.

Myth: Anxiety attacks make me feel like dieing, which it will.

Facts: No matter how great that feeling is or how bad the symptoms are, it doesn't change this fact - you are NEVER going to die from anxiety attacks.

Not convinced? Seek out the emergency room physician who have seen thousands of people who sincerely believes that they are going to die from anxiety attacks, NONE of them died when they left the hospital.

Does any of these myths applies to you?

To control anxiety attacks and stop it forever, you need to tackle its roots - fear. This irrational fear is the main culprit. The fear of having another anxiety attack, constantly dreading that it will happen again. Its this feeling that causes anxiety attack to occur again and again.

Know that anxiety attack cannot harm you. You feel like having a heart attack, you feel like fainting and dieing. But will it happen? NO! It NEVER happen. Convince yourself of this fact. Know that anxiety attack can never harm you and you have nothing to fear!

Learn more about the various [Self Help Guides For Panic Attack](#) and stop you panic attack now!

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