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What is Anxiety Attack - Am I Having an Anxiety Attack Alone?

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What is meant by the term anxiety disorder?

Anxiety disorder is a term that is being used to describe conditions like phobias, anxieties, pathological fears and nervous conditions that may appear suddenly or develop over a period of time.

It is different from normal anxiety as it has the potential to affect your daily activities. Mostly, it will affect the emotions of individuals suffering from this condition.

Sometimes, people also used the term fear to describe anxiety. In laymen's term, both "fear" and "anxiety" are often used interchangeably. However, they have their own specific meaning in a scientific usage.

Perhaps, the following explanation will help you differentiate between "fear" and "anxiety".

Anxiety is usually irrational. For example, you may feel anxious about interacting with people even though you won't be harmed in any way.

Fear is referred to the emotional and physiological response to anything that seems to be a threat to you.

You may think that you are suffering from anxiety disorder alone and thus feel very bad about it. However, this is not true. You are definitely not alone. According to statistic, around 40 million people in America suffer from anxiety disorder.

There are some people who have mild cases of anxiety, usually in a particular situation. For example, speaking in front of many people.

However, there are some serious cases that should never be ignored. This can last for quite a period of time, sometimes as long as 6 months. It is important to seek treatment as soon as possible. If not, the situation may go out of control.

If you are having serious cases of anxiety attack, do seek treatment as soon as possible before it goes out of control.

[What is anxiety attack?](#)

One of the biggest problems that people face is the vicious cycle of the "Fear of Having another Panic or Anxiety Attack". Fortunately, it is possible to break this cycle.

Visit http://www.squidoo.com/anxiety_attack_information to find out more.

You can also find this article published on [What is Anxiety Attack - Am I Having an Anxiety Attack Alone?](#), and on the tag pages [Alone](#), [Anxiety](#), [Attack](#), [Having](#).