

Dealing With Anxiety / DP Thoughts



Since anxiety/dp is just a habit of thought, all you have to do is change that habit. I know, it seems a lot easier said than done – but it can be done, and you are going to do it. We've already discussed much about the thought processes of anxiety/dp: that it's a result of unfocused fear being reflected back onto the sufferer, that consciously trying to not think about it is pointless, etc etc. But let's address some of the feelings, the ideas that anxiety/dp tends to generate, and see if we can't make some sense of them.

For example, one specific feeling that these thought processes can generate is the idea that reality has somehow 'changed'. You may, in the past, have come to some very strange conclusions about the nature of the condition. I'm no stranger to this either; for a while, I actually entertained the nonsensical thought that was in some sort of 'purgatory', that I had somehow 'lost my soul'. At one point, I began thinking that maybe I had already died, and that my consciousness was still "floating around." Completely ridiculous notions, but in the context of the time, and the fear I was feeling, I actually gave them some thought.

You may also think that something truly dreadful is going to happen, like reality 'falling apart'. Another common thought is that you are somehow going to just 'disappear' altogether.

But just remember this:

These things have not happened, and will not happen.

I promise you that, 100%. And there are no exceptions.

Look, I have been to the absolute depths of this condition. I mean, I've read hundreds upon hundreds of personal accounts, and still consider my own story to be fairly shocking, just in terms of what I experienced, the depression I felt, the thoughts I had, the breakdown of my body and nerves.

And guess what???

I came out it completely unharmed.

I can tell you right now that no matter how bad you feel, how horrific the thoughts become, that there is absolutely **no** permanent mental damage, and there is absolutely **no** permanent physical damage. Fact.

Look, literally *hundreds of thousands* of people have had this condition before you, and none of them – not a single one – ever managed to 'change' reality! It's all based on irrational fears created by nonsensical trains of thought.

All that anxiety/dp can **ever** do is make things *seem* more amplified, more threatening. But reality itself doesn't change. Even if you wanted it to, it couldn't change! All that's happening is that your mind is scared and jumpy at the moment, and seeing danger everywhere (even in the normal philosophical thoughts that everyone has from time to time). I know it can be tough, but just remember that this state is temporary and entirely reversible.

You have not changed in any fundamental way. The world has not changed in any fundamental way. You are suffering from an anxiety-based condition that, yes, can be very scary at times, but is actually relatively mild. It is not even *close* to most other conditions, in terms of the dangers associated with them. I think that may be one of the reasons it's not recognised as much as it should be; because as scary as it can get, it is a non-progressive condition, it won't lead to anything worse, and, believe it or not, the fact is that it is simply *not that dangerous* for the sufferer.