

Anxiety Disorders



Leaving The Pit
leavingthepit.com

Types Of Disorders

Children:

- ❖ Separation Anxiety Disorder
- ❖ Selective Mutism
- ❖ Panic Disorder
- ❖ Phobias
- ❖ Obsessive Compulsive Disorder (OCD)
- ❖ Post-Traumatic Stress Disorder (PTSD)
- ❖ Social Anxiety Disorders

Types of Disorders

Adults:

- ❖ Generalized Anxiety Disorder
- ❖ Social Anxiety
- ❖ Phobias
- ❖ Panic Disorders
- ❖ Acute Stress Disorders
- ❖ Obsessive Compulsive Disorder (OCD)
- ❖ Post-Traumatic Stress Disorder (PTSD)
- ❖ Hoarding
- ❖ Body Dysmorphic Disorder
- ❖ Trichotillomania

Frequency

- ❖ 10% of Teens
- ❖ 40% of Adults
- ❖ 2/3 of Adults do not receive treatment
(Source: NIMH Statistics 2013)
- ❖ Only 1/5 of teen sufferers present for treatment
- ❖ 6-13 and 60+ are equally represented
- ❖ 14-18, 19-40, 41-60 equally represented

Adults

Women are **60%** more likely than men to experience an anxiety disorder over their lifetime.

Only 36.9% were receiving treatment.

63% do not get treatment. (Source:

NIMH, 2005)

Children and Adolescents

Average Onset Age: **11 years old** (Source: NIMH, 2005)

25.1% of 13-18 year olds experience an anxiety disorder.

Why Is This Happening?

The most common trait of anxiety is:

False
Evidence
Appears
Real

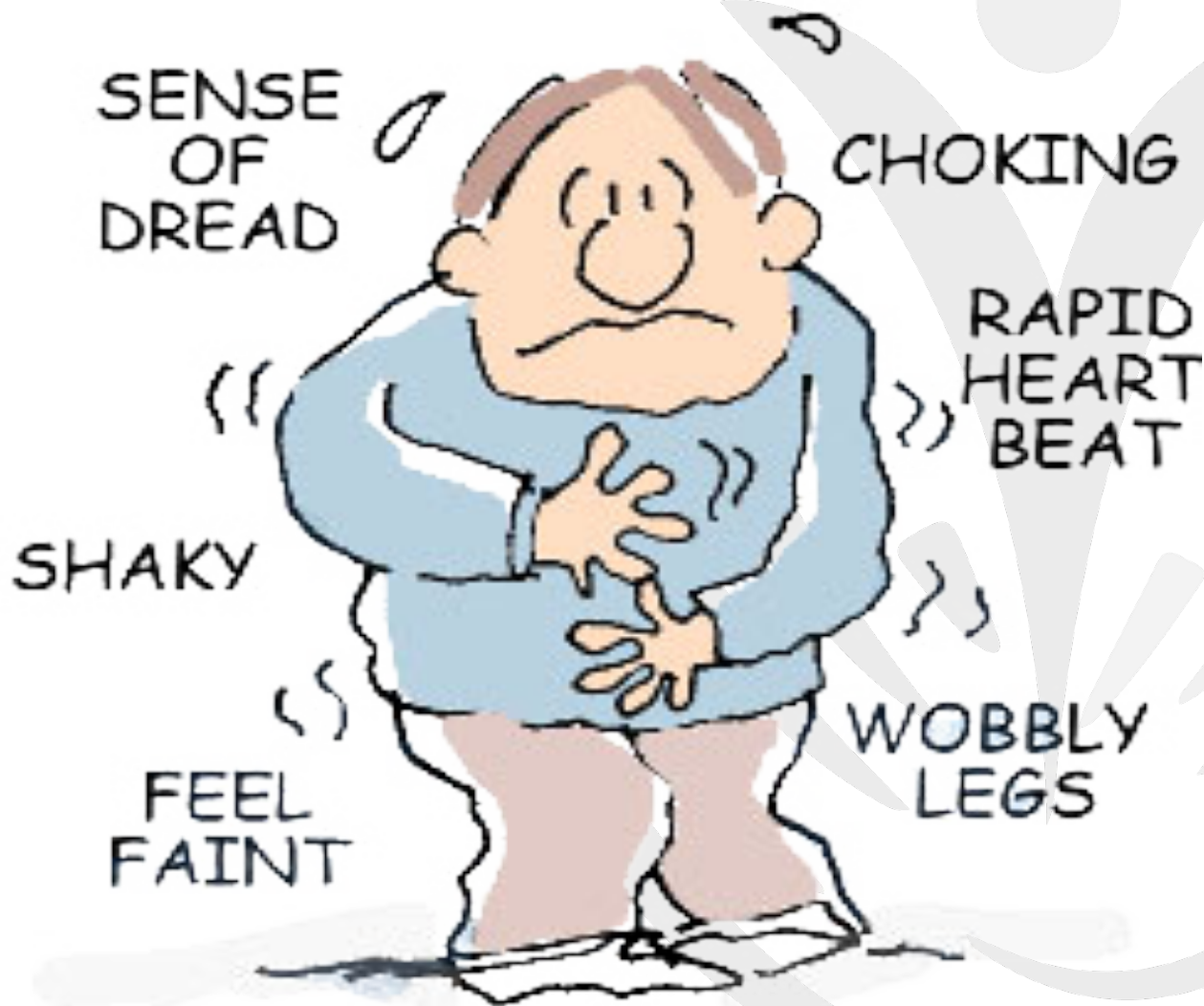


Why Is This Happening?

Three components to better understand Anxiety:

1. Physiological
2. Cognitive
3. Behavioral

PHYSICAL SENSATIONS



Leaving The Pit

leavingthepit.com

Physiological Sensations

Rapid heartbeat, difficulty breathing, perspiration, jitteriness, numbness, feeling lightheaded, dizzy, disconnecting from the body, stomach distress (nausea, diarrhea), headache, sleep problems, irritability

Physiological Sensations

These reactions are a GOOD THING.

This what the body is supposed to do.

However, the feeling of danger is a lie (probably).

Physiological Sensations

THE BODY DOES NOT KNOW THE DIFFERENCE
BETWEEN A REAL AND AN IMAGINED
THREAT.

A panic attack is a FALSE ALARM.

The body is reacting to a danger which does
not exist.

Physiological Sensations

Panic Attack symptoms:

1. Rapid heartbeat
2. Difficulty breathing
3. Sweating
4. Trembling or shaking
5. Feeling dizzy or faint

Physiological Sensations

- 6. Tingling or numbness in extremities
- 7. Digestive distress
- 8. Fear of dying
- 9. Fear of going crazy or losing control
- 10. Cognitive:
 - Racing thoughts
 - Unwanted thoughts
 - Feelings of disconnectedness

Physiological Sensations

These sensations are not harmful or dangerous.

These sensations are time limited.

However, you can keep the panic going by how you think about it.

Cognitive

Life is hard, but the way we think about it can make it worse.

What we have done or thought a long time comes natural.

Cognitive

Change our thinking=

Change our feelings=

Change our responses.

Cognitive Distortion Patterns

- ❖ Fortune Telling
- ❖ Catastrophic thinking
- ❖ Mind reading
- ❖ All or nothing thinking
- ❖ Overgeneralization
- ❖ Mental Filter
- ❖ "Should" thoughts
- ❖ Labeling
- ❖ Discount the positive
- ❖ Emotional Reasoning

Four Cognitive Biases of Anxiety

1. Overestimate the likelihood that bad thing will happen.
2. Overestimate the consequences should the bad thing happen.
3. Underestimate our ability to cope should the bad thing happen.
4. Prophecy that we might have great difficulty accepting the uncertainty.

Common Cognitive Distortions

1. Things must turn out the way I want.
2. People should meet my expectations.
3. It's always my fault OR it's never my fault, it's always your fault.
4. People are against me.
5. Any failure is a sign of my inadequacy.
6. I'm not as good as other people OR I'm better than others.

Common Cognitive Distortions

7. I can't stand this. This is awful.

8. I have to please everybody else. This must be first.

9. Other people are all critical or judgmental.

10. Bad thoughts make me a bad person.

11. If I don't worry, something bad will happen.

12. Ignorance is bliss.

Behavioral

1. Whole body: Fatigue, restlessness, sweating.
2. Hypervigilance or irritability.
3. Anxiety, fear, feeling of impending doom, insomnia, nausea, sensation of an abnormal heartbeat, trembling.
4. Wearing a mask.
5. Low self image.

Behavioral

- 6. People pleasing.
- 7. Over-analyzing.
- 8. Perfectionism.
- 9. Abnormal fears of death and Hell.
- 10. Cognitive distortions of God.
- 11. Change in behavior to avoid attacks.

Healthy Stress Response

Sympathetic

Tiger Analogy

Parasympathetic

80-20% rule

In The Zone



Do You Have An ANT Problem?

Automatic

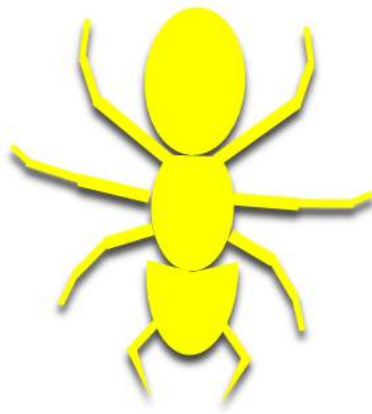
Negative

Thoughts

AUTOMATIC NEGATIVE THOUGHTS



I hate _____!



What if I fail?



I'm not _____ enough.



Leaving The Pit

leavingthepit.com

Questions Which Challenge ANTS

1. What ANTS do you recognize in your thoughts?
2. Apart from how you feel, what is the evidence your thought is accurate? What is the evidence it is inaccurate?
3. Are you 100% convinced your thought is accurate?
4. What is the worst thing that could happen? If it happens, what would still be good in your life?
5. Are there other outcomes possible?

Questions Which Challenge ANTS

6. What are other possible explanations for what happened?
7. What would you tell a valued friend who thought this way?
8. What might other people think about this?
9. What part of this do you have control over?
10. What are the advantages of thinking this way? What are the disadvantages?

ANT Colony

ANT Colonies are underlying/
underground networks/
hidden assumptions

ANT Colony

Catastrophic thoughts



More physical discomfort



More catastrophic thoughts



And so on...

Additional Thoughts

1. Genetic predisposition to anxiety.
2. Negative reaction to medication.
3. Food allergies or food poisoning.
4. Combinations: warm room, bad food, stressful situation, trouble catching breath/cold sweats, hands shaking.
5. Persistent worry about more attacks.
6. Worry about the implications of the attacks.

Commandments

Matthew 6: 25 – who is in control? Whose job?

Philippians 4: 6 – clean your thoughts

1 Peter 5:7 – “casting your cares”

2 Corinthians 10:5 – Strongholds, captivity,
renew your mind

Where Is The Power?

Most anxiety results from thinking.

Example: Rape survivor – took job, assaulted on the job.

“I made the wrong decision coming here.” “I should have worn something different.” “I should have fought back.”

Exacerbated by, “payback for the things I’ve done.” “I’m worthless.” “I’m defective.” “I’m unlovable.” “I’m dirty.”

The Role of Medications

1. Truth: medication can prove effective for many anxiety sufferers.
2. Medication is NOT a cure.
3. Acts as an inhibitor, not an antibiotic.
4. Enormous negative side effects:
 - Depression
 - Seizures
 - Changes in sex drive
 - Deep depression
 - Suicide

Other Proven Methods

1. Reduce or delete caffeine and nicotine.
2. Reduce stress.
3. Natural supplements and vitamins.

Thoughts Journal

1. To counter, keep a “thoughts journal” which emphasized your ANTs.
2. What alternate thoughts do you want?
 - ❖ It is not the goal for the person to feel good.
 - ❖ Life is tough and negative feelings will come and go.

Test Your Fears During A Panic Attack

1. Breathing issue – Breathe heavier, hold your breath, recite the pledge to the flag.
2. Confront the fear – Complete the sentence: If I _____, then _____, and then _____, and then _____, etc. to core fear.

Nine Strategies

1. Notice and name.
2. Develop a plan.
3. Move.
4. Breathe.
5. Nurture the spirit.
6. Reframe your thoughts.
7. Watch the toxins.
8. Don't watch the news.
9. Don't worry alone.

Role Of The Church

Three questions every congregation should ask of itself?

1. Is the church pulling harder than the world?
2. Do we really know each other?
3. Do people feel alive or dead in this congregation?

Role Of The Church

When we understand the underlying issues of:

Fear

Loneliness

Despair

Suicidality

We understand that our brethren need us and we need them.

Recommended Readings

When Panic Attacks, David D. Burns, M.D.
Three Rivers Press, NY. 2006

Embracing the FEAR, Judith Bemis, Amr
Barrda, PhD. Hazelden. 1994

Anxiety Treatment Techniques That Really
Work, Stanley Hibbs, PhD. PESI Publishing,
Eau Claire, WI. 2013

Recommended Readings

Brain Based Therapy for Anxiety, John B. Arden, PhD. PESI Publishing, Eau Claire, WI. 2014

Ten Days to Self-Esteem, David D. Burns, M.D. Harper, NY. 1999

The Self-Esteem Workbook, Glenn R. Schiraldi, PhD. New Harbinger Press, Oakland, CA. 2001