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Thread: [Can anxiety cause anger?](#)

duck - September 4, 2019, 11:38 am

There is this anxiety that sometimes it causes me anger and the time is fast during this, I'm fucking pissed and I wish everyone dead for no apparent reason. I'm just mad at overall situation and it fucking sucks.

This might be related to my dreams, I had many nightmares last 2 nights of killing others and having to hide the body, I was so worried getting to jail. This fucking sucks. It usually happens once a week.

I hope i'll get better.

School makes me anxiety less and I love going there cause I see other people, otherwise I'm locked in my house and I'm even scared to make my own food, but my sleeping schedule during school just sucks, I usually sleep 3-5 Hours only if even that, I sometimes have to go 24 hours.

Today I had to take day off school after not even 1 day in, I slept 12 hours, I was so tired of not sleeping.

Also having anxiety even making my food, I each time get panic attack while I'm trying to make myself some food because I'm worried something will happen, or that I will die and shit will be running and it will blow up or get on fire idk.

This day my anxiety rising to the sky and I started to have stomach ache now for no reason. Also have problems with my seeing, schedule appointment to the eye doctor cause I see nothing, everything goes together sometimes. I feel so shit.

I think I have some form of OCD.

Good example is:

If my mother makes me food, I can't stand, her won't using gloves because I feel like there is so much bacteria on her fingers and it just makes me disgusted.

THIS ONLY HAPPENS with my mother. It might be also symptoms of my autism. This does not happen when I'm with my dad or in school. I don't get bothered by it.

But on the other-side, I don't have OCD of checking things, I simply ignore and don't really care that much.

Lindros - September 4, 2019, 2:05 pm

Fear leads to anger, anger leads to hate, hate leads to suffering.

Just kidding that was from Star Wars. Kind of true though.

Do you attend regular treatment with a counsellor or ever had psyche evaluation if you don't mind me asking?

Aqzxk - September 4, 2019, 4:00 pm

You might jerk off way too much

duck - September 4, 2019, 4:11 pm

(Sep 4, 2019 02:05 PM)ZietzSeV Wrote: [\[CITE\]](#) Fear leads to anger, anger leads to hate, hate leads to suffering.

Just kidding that was from Star Wars. Kind of true though.

Do you attend regular treatment with a counsellor or ever had psyche evaluation if you don't mind me asking?

Yeah like once a month or two, but for 4 years, and that doesn't work.

(Sep 4, 2019 04:00 PM)Aqzrk Wrote: [\[CITE\]](#) You might jerk off way too much
I should stop it, i'm at 2-3 times a day

It was just like one time anger I was exhausted therefore closing this thread, and I also read online about it.