

Forum:[Hack Forums](#)

Thread: [Do you suffer from anxiety?](#)

device - July 9, 2021, 1:38 pm

Have you or do you suffer from anxiety?

I personally do have moments of anxiety, mostly around people. I've learned to stay kind of natural over time, though the negative feelings and thoughts persist.

If you've overcome anxiety, mind sharing your tips?

If you never have do you understand anxious people and what do you think about seeing someone anxious?

Dan - July 9, 2021, 1:56 pm

Cant say if its anxiety or not but I used to have moment's in places like shopping centres or big places, football stadiums etc and it was down to so many people around me. Just overwhelming I guess.

I tend to carry a bottle of water around with me most of the time, and just taking a few seconds to take some water in seems to calm that down. If I've ever forgotten the bottle. Making a phone call to somebody or even my voicemail seems to put me back on the right track.

There have been times I've been in a shopping centre right at the end/back and I've had to pretty much make a dart for the exit just to get out and calm down.

M4A4™ - July 10, 2021, 2:19 am

Yes it's the worst feeling. I'm still learning how to deal with it myself honestly so I'll be following this thread for some tips.

For me it happens whenever there's a ton of people in public it's overwhelming for me and then people just think so come off as a dock head because I don't talk or say much. The anxiety takes over.

My Name Is Pedro - July 13, 2021, 10:11 am

I have always suffered from pretty bad depression and anxiety. Last month got put on Lexapro. For me it seemed like a good choice but getting medicated isn't the right call for everyone. Started using an online therapy site called Cerebral. Just having someone i'm able to talk to about the things bothering me and that are causing me issues has helped a good bit as well. I ignored anxiety and things for a long time. Was raised in an old school household by my grand parents where we didn't talk about problems. If I did have them was told to just deal with it.

XBT4R - July 13, 2021, 12:27 pm

I was suffering from pretty bad anxiety for last few months, ended up going to hospital and I am now on olanzapine for schizophrenia. It soothes my mind and keeps me in tact for the next day.

Xohts - July 15, 2021, 3:08 pm

(Jul 13, 2021 12:27 PM)XBT4R Wrote: [\[CITE\]](#) I was suffering from pretty bad anxiety for last few

months, ended up going to hospital and I am now on olanzapine for schizophrenia. It soothes my mind and keeps me in tact for the next day.

I was diagnosed with schizophrenia too. On Abilify and a handful of other things as well.

As for original post, yeah I have anxiety. It stems from trauma mainly.

device - July 15, 2021, 3:47 pm

(Jul 15, 2021 03:08 PM)Xohts Wrote: [\[CITE\]](#) I was diagnosed with schizophrenia too. On Abilify and a handful of other things as well.

As for original post, yeah I have anxiety. It stems from trauma mainly.

Damn I was prescribed that medication as well years ago, for my "schizophrenia symptoms". I took them for three years? How is your experience?

Xohts - July 15, 2021, 3:56 pm

(Jul 15, 2021 03:47 PM)device Wrote: [\[CITE\]](#) Damn I was prescribed that medication as well years ago, for my "schizophrenia symptoms". I took them for three years? How is your experience?

Absolutely wonderful, tbh. I feel less akathisia, more at peace...less in my head and more in the world.

Unfortunately part of being mentally ill is having chaos in one's life, and so I don't know if maybe my increased irritability is from a med change or not being able to pay my credit card bill, lol, y'know?

How did it work for you? What symptoms were you exhibiting? Mine are conspiracy delusions(I know, how cliché!), as well as pseudohallucinations & rambling speech (As you can tell, lol.)

neightworks. - July 15, 2021, 4:23 pm

Hi my names neightworks and I dropped out of psych school like 3 semesters away from graduating.

Drugs are great if you get the right ones, there are dozens of active medications prescribed daily to everyone all over the modern world. What works for you isn't what works for the next guy. When I was a young suicidal lad (which is why I originally perused the education) I believe I went through about 18 different medications and mixtures until I hit normalcy in my life, which took around 5 years, but it saved my life. We are aware of what specific drugs are "supposed" to do so make sure whoever you're getting them prescribed by is fully aware of what you're feeling and how, if your medication isn't making you feel better explain what it is doing.

I don't like being serious on this forum, but I do still retain most of the knowledge from my years of school, my chat is always open.

XBT4R - July 16, 2021, 2:40 am

(Jul 15, 2021 03:47 PM)device Wrote: [\[CITE\]](#) Damn I was prescribed that medication as well years ago, for my "schizophrenia symptoms". I took them for three years? How is your experience?

Personally I find the medication I'm on great. As soon as I started taking them I had very severe memory refresh. I was crying a lot and thought I had gone back in time to when I was in school. Very strange experience at the start but now with the daily dosage it clears my mind and refreshes me for the next day. I take my dosage everyday between 8-10 PM, my vision is slightly dull compared to before but my mind is working faster and better than before.

How was your experience?

SecureOp - July 16, 2021, 2:49 am

(Jul 15, 2021 04:23 PM)neightworks. Wrote: [\[CITE\]](#) Hi my names neightworks and I dropped out of psych school like 3 semesters away from graduating.

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I don't like being serious on this forum, but I do still retain most of the knowledge from my years of school, my chat is always open.

I like your post and have a question for you as you studied the field.

Did you notice anxiety amplifying as you got older? I have this theory that as a teen you rarely give a shit about anything which isn't self-centered.

Once you grow out of the teen-bubble - 'the adulting' part amplifies the responsibilities and factors which usually draw out anxiety, at least my pov.

To anyone who suffers with anxiety, don't be too hard on your thoughts and feelings - genuinely getting out of your head rather than an enclosed trap of thoughts could help.

[The Subtle Art of Not Giving a F*ck by Mark Manson](#)

Envy - July 16, 2021, 2:55 am

Yes, mostly around people - I'm not a people person, I've also been robbed gunpoint so for some reason I have a massive dislike with people and an absolute zero tolerance for customer service. Phone calls I'm not great with, but after talking on the phone for 5-10 minutes I'm more comfortable, this is something I need to overcome as it will be and is crucial for business.

neightworks. - July 16, 2021, 6:28 am

(Jul 16, 2021 02:49 AM)percy Wrote: [\[CITE\]](#) I like your post and have a question for you as you studied the field.

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Hmm, that's a good question. I don't always see anxiety amplifying as a bad thing depending on the context. I think the real dangerous anxiety is anxiety that seemingly has no reasoning which is mainly seen in teen years. Anxiety about car payments and bills are real so they have substance to then where anxiety about girls and prom ect lack resolve.

Milestone - July 24, 2021, 2:59 am

I was suffering from anxiety for last Year. but now I m absolutely fine.

Artisan - July 25, 2021, 8:38 am

^I agree with Stephen. For me, I am not an anxious person but there are moments where I get

anxious. I think acute anxiety stems from the feeling of helplessness that we all have to face one time or another.

When I see someone anxious, I ask them if they want to talk about it or take some time to think quietly. In most cases the anxious person seems to open up to me and tells me what's worrying them and I try to dispel their anxious thoughts by giving practical solutions which I try to tailor to the person's capabilities, needs and circumstances. There have been instances where friends have been hesitant to make use of my suggestions and I have had to push them slightly by telling them that if they don't make the effort, then the anxiety won't go away. This resulted in them overcoming the issue that was worrying them. For those that didn't listen to my advice, I still lend them an ear.

Forensic - July 25, 2021, 8:43 am

I didn't believe in anxiety until the last few years. I thought it was just something 14-23 yr old girls claimed to have. But yeah I had some big anxiety issues in the last few years. Very interesting experience.

Cyam - July 26, 2021, 3:22 am

I've had anxiety before, not as much nowadays but it can still happen randomly.

Before, I would get panic attacks and be in constant fear (anxiety) of getting another one. It would be triggered by a lot of stuff and nothing would help for days.

However, as dumb as it sounds, once you stop fearing panic attacks, you will be less and less scared which will automatically reduce your anxiety. I've read a book where it says that once you have a panic attack - you shouldn't try to calm it, but instead embrace it and keep asking for more. That way you will trick your brain to not be afraid of panic attacks. I know it sounds dumb, but it helped me.

SIM-353284 - July 26, 2021, 3:30 am

(Jul 9, 2021 01:38 PM)device Wrote: [\[CITE\]](#) Have you or do you suffer from anxiety?

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I have indeed suffered, you are not alone OP.

I think taking a breather really helped, good quality fresh ionising oxygen for the brain. nothing better.

I hope you feel better OP, here to talk if you want to reach out.

Blogger - July 26, 2021, 10:21 am

I have really bad anxiety. It's very crippling. I'm so dependent on my wife, she's my safety blanket.

moinatan - July 26, 2021, 4:14 pm

yeah but mostly just a depression tho

Boshy - July 27, 2021, 5:37 am

I have depression and bad, chronic anxiety. I use caffeine and cigarettes as coping mechanisms.

Gliese 667Cc - July 27, 2021, 7:42 am

I overcame hard anxiety, and I've never went to any kind of psychiatrist or psychologist. Anxiety, and pretty much anything similar is just a product of your mindset. There is a saying "Depressed live in the past, anxious live in the future, while happy live in the present". You need to understand that anxiety is irrational and can only bring bad things to you, even if you had an exam just the next day and you didn't study anything, and you know you'll fail, worrying can do no good. If you worry you are just doubling the problem. Think about this yourself, you could even watch some youtube video or read an article about this, but there isn't a better way to getting in the right mindset than coming to conclusions yourself. Also i recommend the book "The power of now" by Echart Tolle.

Once you have the right mindset, identify the trigger of your anxiety. Deeply analyze your thought process and other triggers that occur just before anxious thoughts and/or bring anxious thought to you. Next time, as soon as the triggers start, occupy your mind by doing something else, even just forcing your mind to not think about it can kill the trigger. You'll probably think that you can't do that, but "There are no shortcuts to the places worth going". Just do it. I thought i couldn't do it, i did it. By killing the trigger, you are also killing the process, and a bad product of the same process. As the time passes, it will be easier and easier to kill the trigger, until it stops showing up.

Go out with friends, if you don't have them force yourself to find ones. Take a walk, preferably in the nature. Take a deep breath. Read a book at a cafe.

Life is too short to worry, really.

EDIT:

If you have social anxiety(fear of talking to/being around other people(or even better fear of other people judging you)), keep in mind that people are too busy thinking about themselves to think about what shoes you wear. Don't care about what other people think, because "Those who matter don't mind, and those who don't matter mind". The second process(process of killing the trigger) is pretty much the same.

True Detective - August 3, 2021, 3:13 pm

Very interesting topic.

First I would like to say something about this particular sentence of yours.

- " If you've overcome anxiety, mind sharing your tips? "

It is completely impossible to overcome anxiety itself.

Anxiety itself is something we all feel. And actually many people do not think about it, but anxiety is the one thing keeping us alive.

If you meet a big lion, your anxiety are the one to tell you, that you would have to get away really quick, because otherwise you are going to end up as Lion Poop in the end of the day.

So the answer would be no, overcoming anxiety is impossible.

Is it possible to overcome, panic attacks, social anxiety, death anxiety, anxiety of driving and so on?

Yes it very much is.

But no matter how much you work with your anxiety, no matter how many psychologist you pay a visit, you must understand that anxiety takes time to fix. I simply do not believe anyone overcame their anxiety disorders in a single day.

For the next sentence of yours.

- "If you never have do you understand anxious people and what do you think about seeing someone anxious?"

No. I do for a fact know that you cannot understand a person suffering from anxiety unless you felt it yourself at some point.

I talk from experience. I have someone very very close to me that has been suffering from anxiety since I was a kid.

Never did I understand it. I was actually pretty rude about it as a kid, because I didn't understand we were limited due to the anxiety.

When I grew older.

I decided to start doing drugs, steroids, hanging out in very bad environments and such.

After doing what I did for more than a year, one day I had massive panic attack, and basically after that, I got panic attacks, death anxiety, anxiety of drugs, anxiety that my heart would stop, social anxiety, I pretty much got every possible anxiety you could get.

I was afraid of everything.

And at this point, I realized.

That I would never understand a person with anxiety before I felt it myself.

This day.

It's a good amount of years ago I was 18. And I believe I overcame 85 - 90% of my anxiety.

Basically over time, I figured out what triggered what parts of my anxiety, what I could do to make my brain understand that it's actually not dangerous. And I found motivation in fighting the anxiety and getting success winning over it.

Might have a panic attack 1 - 5 times a year.

And let me clarify, I used to have the every day for 2 years.

I was no able to drink anything with caffeine either, not even a coca cola, because it would make my heart beat faster, and I was sure that I was seconds away from a heart attack.

Everything felt pretty unreal to me.

And one thing I for sure can say.

Doing drugs, was absolutely amazing. The rush I had from taking a line of cocaine, the ability to speak with everyone and making a million friends in one night. IT WAS AWESOME.

Taking steroids like, testosterone, nandrolone, sustanon, primobolan, trenbolone, was absolutely amazing too.

I got so huge, and I enjoyed the attention and the self confidence very much.

BUT - If I could undo all of those things I would have.

Because getting anxiety, will basically mean your life will never be the same. Doesn't mean you will live a bad life. But it does change something in your brain no matter what. You just gotta learn to live with it.

Alexuiop - August 3, 2021, 7:03 pm

(Jul 9, 2021 01:38 PM)device Wrote: [CITE](#) Have you or do you suffer from anxiety?

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Honestly I have suffered through some bad anxiety growing up, its incredibly hard to deal with when its a completely irrational feeling and other people try to give u advice/rational answers like idk lmao I can't explain y I feel this way. I strongly recommend looking into DIRECT NEURO FEEDBACK THERAPY. Once you do let me know your thoughts!

(Jul 27, 2021 05:37 AM)Boshy Wrote: [CITE](#) I have depression and bad, chronic anxiety. I use caffeine and cigarettes as coping mechanisms.

Hey man, I understand what ur going thru its hard to explain the pain anxiety brings to people who don't have it I get that. sometimes I feel like a black sheep yk or weird. Please look up directneuro therapy or other therapies that work for u. Also having good friends to rant and express ur feelings to!