Know the Truth Before Loosing Control

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Misinformation or False hopes does not only create vague pictures of a condition but will also likely cause people to believe things that do not actually exist. Among those conditions that typically receive serious amounts of concerns are psychological and behavioral disorders, partly because psychological conditions are often hard to understand and seem mysterious. I have experienced shocks followed by illusions so many times when I watch some real freaking shows on my Dish TV, but the timeframe of this shock is the one actually matters. Most of us become normal within few minutes from a shock but some find it hard to return. In this article, we will try to work out some methods that will debug the myths of one of the most common behavioral conditions namely panic attacks.

Crazy is actually not a good term to refer people with abnormal psychological conditions and people with panic attacks are hardly crazy. They may seem deranged and a bit psychotic for some people especially when they experience attacks of panic and terror but this does not really mean the actual internal pressures they come across. When it comes to insult, people with panic attacks are sometimes perceived to have schizophrenia, the most advanced form of psychosis which is marked as a severe auditory and visual hallucination as well as aggravated delusions and dysfunctional thoughts. Clearly, there is no relationship between people who feel like they are "going crazy" when undergoing attacks and people who have advanced (and even minor) psychological conditions. Panic attacks do not wipe out a personâ€™s sense of control. While a person's thoughts may seem distorted for a while during attacks due to physical symptoms that took themselves towards the possibilities such as shortness of breath and heart attack-like symptoms, this does not mean that the person is losing grip of the reality. Anxiety which normally accompanies panic attacks is a body's way to tell you that something is going wrong. Since this is a defense mechanism, it is not dangerous to anyone, not even the person undergoing the panic attack.

It is good to remember that panic attack happens only in the mind, it may, in fact, be unnoticeable for people around the person during the attack. What exacerbates the attack is the person's conscious thought that it could cause embarrassment or harm to other people. It is the sense of losing control of one's self that makes the condition worse. This is the thought that is manufactured in the brain and will never create lack in sense of control. People with panic attacks have chronic heart disorders. While this may be partly true due to the link between mitral valve prolapsed and panic attacks, this does not make the assertion entirely valid. People have good reasons to believe that they are having heart attacks or heart failures when they experience episodes of panic attacks since some of the symptoms in both conditions are similar. But such symptoms are perfectly rational when seen from the viewpoint of elevated fear.

For example, people subjected under conditions that stimulate fear experience tightening of the chest, faster heart beat, profuse perspiration, shortness of breath and increased respiration. All these signs are also symptoms of heart attacks which make it easy for most people to believe that instead of having a disorder of the mind, they are having dysfunctional hearts. But then again, similarity in symptoms does not make these two completely different conditions that are alike. Myths often offer a semblance of the reality that is not hard to believe in. But do not be fooled. Knowing what is the exact truth and not the half lies will serve you well when dealing with conditions that root from and are aggravated by thoughts.

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Being a freelancer I keep blogging and writing on various topics. Though watching freak shows is one of my preferred methods to pass time, I will always watch some classic comedies on my a Dish TV DVR to get out of the freaky mood. Just focus on what brain says when you come across some unwanted or unknown fear.

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