

Dear Helen

Anxiety Disorders Association South East  
24/11/2010

I have spent so much of my life in sadness, loneliness, anxiety and depression

WHY ?????????????????????????????????

I have sort help from Doctor's , Nun's, Priest's, Psychologist's , Beyond Blue, Pills, tapes and the internet: without success.

I answered an advertisement on the last day of its running on T V for an A.D.E.S.E campaign

If you suffer from anxiety or depression ect: come along to a meeting .

I with deep reservation thought I would give it a go. I had tried everything else to get help to understand my feelings and predicament .

I was feeling that this is just how it is and yet I knew that was wrong inside me

I felt so unloved and alone no one can ever feel like me or understand!.

After that nights meeting I felt that I wasn't as bad as others so I probably wouldn't get a call back but I had tried .

I was however invited the next week. Thank God, and so it began:

In the last 8 weeks I have gone from out of control to nearly mastering my feelings and an understanding of what it is; that triggers my life and the way to evaluate my auto thoughts and to control my reactions to them

I feel so calm and am able to Spot and Stop before I react.

- Recognizing my presumptions and mind reading ways.
- To handle things differently.
- To ask for what I need too; Stop Assuming and noting what THOUGHTS Push my Buttons and speak out without fear of rejection
- and ridicule or panicky attacks
- To understand my beliefs and emotional reactions attached to them

I am not sick enough to be hospitalized but to be recognized before any mental harm comes my way is fantastic

This program is my life's saviour. I want to be happy, to love and to live a whole existence, to manage my life as I once did.

This program helps to identify my problems. My negative focus just deepens the feelings of anxiety and depression.

I analyze what's going on and effectively am my own mentor by practicing tried and effective behaviors (Mind over Mood)

Changing the way I look at things and behaving differently changing the way I feel and think.

I am very great full .I hope I can keep it up.

Yours M.B