

Managing Your Specific Phobias and Panic Attacks

Overcoming your phobias can sometimes be difficult. One of the ways to manage your particular phobia is to find out what exactly is your fear. If you have trouble finding out what that fear may be, then try to talk to a professional who can help you figure out what the fear may be. Once you know what the fear is, then the next step is to find the ways to deal with that fear. For instance, one of the ways to manage your fear is to challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful or anxious, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. For example, you are afraid that if you do not get that job promotion then you will be stuck at your job forever. This depresses you, however your thinking in this situation is unrealistic. The fact of the matter is that there are all kinds of jobs available and just because you don't get this job promotion doesn't mean that you will never get one. In addition, people change jobs all the time, and you always have that option of going elsewhere if you are unhappy at your present location. Changing your thinking can help you manage your fears. Sometimes, we may be nervous doing a certain task that may be scary. When this happens, visualize yourself doing the task in your mind. For instance, you and your team have to play in the championship hockey game in front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. Imagine that you are playing in front of a large audience. By playing the game in your mind, you will be better prepared to perform for real when the time comes. Self Visualization is a great way to reduce the fear and stress of a coming situation. When facing a current or upcoming task that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one at a time. Completing these smaller tasks will make the stress more manageable and increases your chances of success. As a layman, I realize it is not easy to overcome our phobias. Remember that sometimes our worrying and fears can make the problem even worse. Take things in stride and try not to focus too much on the problem. In time, you will find the ways to overcome your phobia. If you have trouble, talk to a professional who can give you additional insights on your situation.

About the Author

Stan Popovich is the author of "A Layman's Guide to Managing Fear" an easy to read book that presents an overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com>

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