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Marty's Top 10 List

Ignorance is the playground of anxiety. Learn all you can about anxiety and your anxiety disorder. These are basic facts. Read them to educate yourself with the facts about your fears.

Top Ten Points for Dealing with Your Anxiety. This is what I would like you to know right away

1. You have an anxiety disorder. You are not having a nervous breakdown. You are not going crazy.
2. High anxiety—even panic attacks—will not hurt you, although they can be very uncomfortable.
3. Panics are self-limiting. They will not go on forever.
4. When you are anxious, you are unlikely to do what you are afraid of doing.
5. You are afraid of the distress inside of you. The external object or situation merely triggers your distress.
6. Initially, it may not be realistic for you to feel comfortable. Working on your anxiety can be uncomfortable
7. Avoidance is the name of the game in anxiety. Unfortunately, avoiding anxiety only intensifies anxiety.
8. Be tender to yourself. Panic can be looked at as a way of directing criticism towards yourself.
9. When you experience anxiety, try to stay in the present. Make distinctions between “What is” and “What if?”
10. I want you to learn that, inadvertently and despite your best intentions, you are somehow creating this anxiety yourself. Once you learn how you do it, you can then learn how not to do it.