

ANXIETY – POSITIVE PSYCHOLOGY

1. Introductory thoughts

Anxiety-related illnesses are extremely common—almost all people are affected by a mental disorder in any given year—but are also extremely hard to diagnose. No simple biological tests exist to diagnose them, there are no blood tests for detecting depression or a personality disorder. Scans cannot reveal ADHD and a clinician must mostly rely solely on a patient's symptoms and his own behavioral observations in order to reach a diagnosis.

In this 15-day course, I am basically trying to point you in a direction where we leave the clinical diagnosis to the clinicians and rather look at steering your life boat in a different direction. Medications, although sometimes helpful and necessary, can also have severe side-effects and, in certain cases, be habit forming. Clinicians also tend to push patients with some hard-to-pin-down symptoms such as fibromyalgia, chronic fatigue syndrome or other unexplained medical symptoms to psychiatrists instead of pursuing a good physiological check-up.

Rather than receiving treatment for symptoms, I want you to realize that you are the prisoner or the captain of your thoughts and that you can change your life by looking at the most important cause of anxiety and related conditions: Your own mind and thoughts that determine your behavior and your reaction to external circumstances and the way you experience your journey on planet earth.

What is positive Psychology? The Positive Psychology Center described it as: “**Positive Psychology** is the scientific study of the strengths that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.” In the next 15 days I'll be talking about the improving of strengths in 10 areas.

Earl Nightingale said: “Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality.” The fact is that what you think you'll become. You will get what you visualize in your mind.

There is no pause button in life. You can't replay, but you can erase the lies buried deep down in your unconscious mind re-learn the truth about the perfect you. In this short course, we are only looking at ways that you can become the master of your ship.

That being said, there is one very positive fact on the life stage and that is that you always have another chance to try again, to dream again and to start a new life!

It is never too late or you are never too old to start all over.