

2. What is anxiety?

Do you recognize yourself in any of the following?

“I don't like it when people sit there and judge me.”

“I missed so many opportunities to make friends.”

“My fear of public speaking mortifies and infuriates me”

“I missed all of my school years...”

“I feel that life is passing me by.”

“Will I ever have a normal life?”

“I experience extreme blushing and stuttering in groups.”

“These fears are affecting my promotion and income.”

“I'm depressed.”

“Why do I torture myself to stand before this boardroom full of my peers, my heart rate spiking, my palms damp and my breathing becoming labored and ragged”

When anxiety becomes a real problem in your normal day-to-day life you should start to look at ways to eliminate it and to improve your quality of life – and the sooner you do it, the sooner you will have a more rewarding and happy life.

How did it happen? We are imprisoned in a steel cage with words like: “you are not OK – you're stupid – what's wrong with you” when we're young. When looking for the key to our cage later in life, we often can't find it. The key is: The realization that the cage never existed! Most of us are hoarders. We hang on to all the bitter, destructive, unkind and uncharitable emotions. Only after cleaning our subconscious mind of the clutter, can we start with a new, more positive view of our circumstances.

We struggle because we are not living in the present. We worry about tomorrow and we live in our remorse about the things we did yesterday. Be mindful and concentrate on what you are doing right now. Living with doubt is a struggle. It is this doubt in our own abilities and worthiness that caused the extreme anxiety. Anxiety influences our whole life, we eat too much or not enough, we become lonely and feel like spectators.

It is time to take a decision to escape from your mental prison, to break the bars and to make war on the causes for your anxiety. Be the captain of your ship!

Tomorrow we are going to look at what winning means.