

# ANXIETY SELF HELP

How to overcome anxiety  
Includes a full chapter on Public Speaking



ALFRED BELLANTI

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## **About the Author**

The author, Alfred Bellanti, came from a working class family. The first hint of anxiety and depression was noticed during his final school years when he was transferred to a different high school.

From having been a star pupil he plummeted to the bottom of the class because he lost the ability to focus, concentrate or remember what was being taught in the classroom, especially the mathematics.

Alfred experienced deeper bouts of despair and hopelessness and spent more years trying to find meaning in life, through reading, relationships, travel and a few admissions to a clinic.

Finally he took on the task of completing his high school subjects. He was admitted to university where he earned a Bachelor of Science.

This was indeed very therapeutic for him. From there he took on a course as an external student and earned a Graduate Diploma in Social Science that included Psychology.

Later he obtained a Diploma of Clinical Hypnotherapy and a Diploma in Botanical Medicine and a Certificate in Traditional Chinese Medicine

In 1993 he established his practice as a Clinical Hypnotherapist.

In 1995 Alfred received a Diploma of Counseling Skills.

In 1996 Alfred was certified as a Practitioner of Ericksonian Hypnotherapy.

In 1999 Alfred added Medical Herbalism in his practice

This was interrupted in 2002 when he suffered a severe cancer that brought him close to death because of the complications after surgery.

Alfred found that Neuro Linguistic Programming (NLP) helped with his recovery after attending a weekend seminar.

In 2006 he graduated as a Master Practitioner of NLP, Master Coach of NLP and Master Hypnotherapist.

Alfred has helped hundreds of people with a variety of anxiety problems and now shares his knowledge, experience and self help techniques through his writing.

## **DISCLAIMER**

Although this book can be of great assistance to a person suffering anxiety it is not intended, in whole or in part, to substitute for treatment from a suitably qualified health professional.

At the time of writing the content of this book is to all intent and purpose true. The book contains knowledge and information based on the author's research of the literature, his clinical experience, and his personal experience.

If this book was purchased for someone other than yourself it is advisable that you let the recipient know that it is not intended, in whole or in part, to substitute for treatment from a suitably qualified health professional.

Furthermore the reading and learning of the contents of this book does not in any way qualify the reader or learner to treat a person suffering from anxiety.

This book can be recommended as long as it is not recommended as a substitute for treatment from a suitably qualified health professional.

The author or publisher shall not accept responsibility for any loss of damage which is incurred as a consequence, directly or indirectly of the use and application of any information herein.



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## **INTRODUCTION**

Firstly let me tell you how much I empathize with your anxious situation and the fear and discomfort you are experiencing.

Unless one has suffered anxiety, it is hard to explain to others how it feels. Often they will dismiss what you are telling them with statements such as “you’re imagining it”, or “get over it”, or “it’s all in your mind.”

When I was going through anxiety many years ago I didn’t know that there was such a thing as anxiety.

I know that I was nauseous, shaky, fearful, and unsure of myself and I avoided events and situations in which most people were at ease.

Anxiety possibly is “all in your mind” as they say but it can still affect your day to day living. Learning how to overcome what is “in your mind” is possible and has been demonstrated many times.

My goal in this book is to guide you through the fog that conceals the solution and to help you overcome your anxiety.

I failed exams at school because I became so overwhelmed by all the studying that needed to be done. I was so anxious because I could not understand the subjects, especially calculus and analytical geometry.

My attempts to study and practice the exercises were futile because I would sit at my desk at home and stare down at the content of the books with a sinking feeling in my stomach and a foggy blur in my mind.

Anxiety can make your life a misery. It can rob you of the enjoyment of going out with friends, can cause you to fail exams and miss out on employment opportunities. It can stop you taking very minor risks that other people hardly consider risky.

This happened to me when faced with doing selection exams for government jobs that would have brought stable employment into my life.

Arriving at the examination hall and seeing a hundred people sitting at a desk with a look of strained concentration on their faces filled me with fear and panic. I quickly turned around, escaped to the street outside and made my way home to safety.

Anxiety can affect your ability to concentrate, sleep and carry out ordinary tasks at work, home or school. Anxiety can cause you to lose self esteem and can wear you down into depression.

Physical symptoms are common, such as shortness of breath, a pounding heart and trembling hands.

And when it comes to public speaking or making a presentation some people would rather die than face the fear of doing it.

This book features a whole chapter about public speaking that will enable you to present flawlessly.

I was very fortunate that my anxious situation passed back then, and though I have experienced anxious moments since, I was able to deal with them effectively.

I was eventually able to learn analytical geometry and calculus and that helped me with admission to University where I earned a Bachelor of Science.

A few years later I completed studies and earned a Graduate Diploma in Social Science. This led to further studies that enabled me to establish a practice as a Clinical Hypnotherapist in 1993.

Since then and with more studies I have helped hundreds of people with anxiety and panic attacks, fear of public speaking and many other issues.

The content of this book is the culmination of personal experience, established research and clinical practice.

The best news is that there are ways that you can overcome anxiety. This book will not only teach you how you can obtain instant relief but also how to perceive situations in a new light.

It will teach you how to manage those anxious moments and how to override your anxiety altogether.

## **CHAPTER 1**

### **Known and Possible Causes of Anxiety**

**Anxiety** is considered to be a normal reaction to stress. It may help a person to deal with a difficult situation, for example at work or at school, by prompting one to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder.

Panic attack has been described as an episode of incredibly intense fear or apprehension that is of sudden onset.

The DSM-IV (Diagnostic and Statistical Manual of Mental Disorders) describes a panic attack as a discrete period of intense fear or discomfort in which (at least 4 of 13) symptoms developed abruptly and reached a peak within 10 minutes.

According to the American Psychological Association, the symptoms of a panic attack commonly last approximately thirty minutes.

However, panic attacks can be as short as 15 seconds, while sometimes panic attacks may form a cyclic series of episodes, lasting for an extended period, sometimes hours.

Often those afflicted will experience significant anticipatory anxiety and limited symptom attacks in between episodes, in situations where attacks have previously occurred.

The effects of a panic attack vary from person to person. Some, notably first-time sufferers, may call for emergency services.

Many people who experience a panic attack, mostly for the first time, fear they are having a heart attack or a nervous breakdown. Experiencing a panic attack has been said to be one of the most intensely frightening, upsetting and uncomfortable experiences of a person's life.

### **Possible Causes**

There are many factors to be considered when trying to determine the causes of anxiety.

At first any medical causes should be eliminated because some of the symptoms of anxiety can be caused by emphysema, as in shortness of breath and other chronic obstructive pulmonary disease (COPD).

Palpitations or irregular heartbeat can be a symptom of heart problems, but this is unlikely unless there is a history of heart problems in the family.

Professor Steven Rochlitz has put forth evidence that suggests anxiety can be caused by hiatus hernia affecting the vagus nerve and by a disease called porphyria.

Therefore it is essential that you visit your physician and make sure that your anxiety symptoms are not the result of a medical condition.

Having cleared these important points let's now examine some of the other possible causes of anxiety:

Genetics – Research is under way to unravel possible molecular mechanisms. One of the suspect genes is PLXNA2.

Epigenetics – This is a fairly new science. Briefly it means that whatever was going on around the mother before the time of conception and during gestation can have an effect on the genes and can transmit to the offspring. For example if the mother suffered anxiety because of war in her country, the offspring can be predisposed to anxiety.

Family background – Bad parenting that includes neglect, abuse, discipline that is too strict, lack of love can all contribute towards anxious states.

Ongoing stress – Stress triggers off the 'fight or flight' response, preparing the body to take action against potential danger. Hormones such as adrenaline and cortisol are released, causing the heart rate, metabolism and breathing rate to speed up.

A traumatic event – For example when someone develops post-traumatic stress disorder (PTSD), fear, anxiety and memories of trauma persist for a long period of time and can interfere with their ability to function in life. PTSD will be addressed later in this book.

### **Generalized Anxiety Disorder (GAD)**

A description of GAD is included in this chapter for educational purposes. There are many disorders that stem from anxiety: Agoraphobia, social phobia and obsessive compulsive disorder (OCD) are just some of these.

It is estimated that more than three per cent of the population experience General Anxiety Disorder. And others experience the other disorders and phobias.

We all worry from time to time but generalized anxiety disorder is characterized by persistent, excessive, and unrealistic worry about everyday things.

People with the disorder experience excessive anxiety and worry, often expecting the worst even when there is no apparent reason to be concerned.

These people anticipate disaster and may be overly concerned about money, health, family, work, or other issues.

GAD is diagnosed in adults when they find it difficult to control worry on more days than not for at least six months and have three or more symptoms. In children only one of the symptoms need be present to determine a diagnosis.

Symptoms of GAD include the following:

- restlessness or feeling keyed up or on edge
- being easily fatigued
- difficulty concentrating or mind going blank
- irritability
- muscle tension
- sleep disturbance i.e. difficulty falling or staying asleep, or restless, unsatisfying sleep

Not everyone suffering GAD will have all the above symptoms.



## **CHAPTER 2**

### **The Truth about Anxiety and Panic Attacks**

Anxiety is a natural part of life and the human race could not have survived without it. It is like a driving force. For example if you are anxious about an upcoming exam, you are likely to study for that exam.

If you are anxious about what you are going to eat for dinner, you are more likely to go out and shop for ingredients, or go to get some takeout food.

You may be anxious about meeting a deadline at work and are therefore driven to proceed with the task to get it finished on time.

Anxiety only becomes a problem when it is excessive and unproductive. In the examples given above for instance, if you become so anxious about the exam that you are overwhelmed by the amount of study, you could lose the ability to concentrate and just can't get on with it.

This could bring on classic symptoms of anxiety such as shortness of breath, nausea, sweating, restlessness and trembling.

In the extreme case that you become so anxious about what to eat for dinner, you could lose your appetite and therefore do nothing about it which would lead to undernourishment.

Be assured that this is unlikely to happen unless there is a severe underlying mental condition present.

In the case of anxiety about meeting a deadline the same thing could occur as in the above exam scenario. The person prone to anxiety may experience some of the symptoms mentioned earlier and become so upset that the work performance is affected.

So what causes a panic attack?

It is believed that a panic attack is the result of perceiving danger where there really is none, the perception brings on thoughts, and the reaction to the thoughts can bring on feelings of panic.

This was well illustrated by Josie Hadley and Carol Staudacher in their classic publication ‘Hypnosis for Change’. It was adapted from an audio recording ‘Anxiety and Panic’ by Matthew McKay.

*“It is a warm spring day. The smell of honeysuckle fills the air. You are walking down a wide, tree-lined street to go to a baby shower for your friend, Anna. As you walk, a cloud passes over the sun. The air becomes slightly chilled. A sudden gust of wind rustles the tree branches, and for a moment the atmosphere seems darker, colder, almost menacing.*

*As you continue, you notice the sound of footsteps behind you and, for no apparent reason you wonder if these steps are purposefully keeping up with yours. Although you are still in the same friendly neighborhood on a spring-like day, a thought crosses your mind. “Maybe I’m about to be mugged.”*

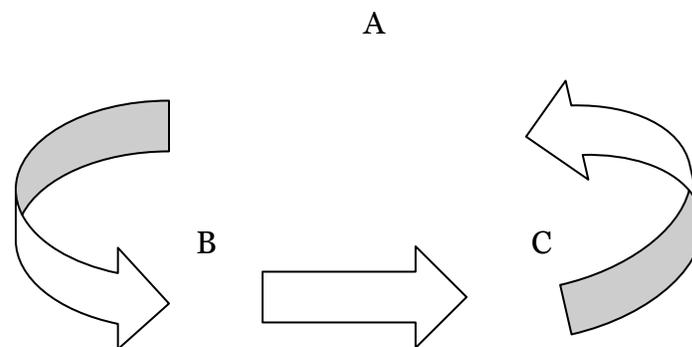
*As the steps come closer your heart starts to race, your cheeks become flushed. You suddenly feel very dizzy, as though you will faint where you stand.*

*At the point when you become certain that you cannot tolerate the fear, the sounds of the footsteps turns off on a side street. You look around and see the mail carrier rounding the corner.*

*Contrary to popular belief, anxiety does not arise directly out of dangerous or painful situations. Anxiety actually arises out of your thoughts.*

*In a given situation it’s the thought of potential danger, not the actual danger; that produces the symptoms of anxiety.”*

The type of anxiety that leads to panic attacks has been well researched and can be summarized in the following diagram:



This process is often called the ABC model of anxiety:

The situation A, gives rise to the thought B

The thought B in turn causes the anxiety C

The feeling of anxiety then itself become the stimulus for more catastrophic thought A

When this happens, the ABC sequence can escalate by virtue of a feedback loop. The feeling of anxiety becomes the stimulus for more catastrophic thought. e.g. “This is bad, my heart is pounding, what’s going to happen?”

A - (situation plus pounding heart) gives rise to B- (more thought), which gives rise to C (worse feeling of anxiety), and so on:

C adds to the situation A

A creates more thoughts B

B gives rise to more feelings C

C gives rise to more thoughts A

The new thoughts add to fear that the symptoms will be harmful or fatal.

This type of emotional escalation can be particularly difficult to stop if you are in a situation you can’t avoid e.g. you are at a party that you can’t leave or you at work where you fear your boss’s anger, but you cannot go home.

Your anxiety can be managed so long as your thoughts about difficult situations are realistic and accurate. But if you overestimate the danger and continually predict disaster your anxiety will increase dramatically.

If you tell yourself: “I’m going to be attacked” when you’re standing next to a policeman in a busy downtown street, that’s not a rational belief. You’re predicting danger where almost none exists.

The same process occurs if you do a good job at work, but constantly say to yourself, “What if the boss doesn’t like my work? What if he fires me? I’ll never get another job.”

The ABC cycle of anxiety escalation is usually brought about by irrational thoughts.

Anxiety underlies many other “labeled” conditions i.e. phobias. In the case of phobias anxiety is particularly about a specific object or situation. For example: arachnophobia – fear of spiders, agoraphobia – fear of open spaces, claustrophobia – fear of enclosed spaces, social phobia - anxiety related to being in a social situation.

## Panic mechanics

Panic escalation usually exhibits 4 distinct phases:

1. **You make unrealistic self-statements that keep you in a constant state of alarm** – body tenses in fight or flight reaction, heart beats faster, short of breath, butterflies in stomach, etc ... This chronic state of arousal makes you “sensitized” to any hint of possible danger. Nerves are set on hair trigger. The least unpleasant surprise, or minor conflict can set off a siege of panic.
2. **You begin to fear *fear* itself.** As your body becomes more sensitized you begin to anticipate panic attacks. You try to avoid them at all costs. Now you have a new fear, you no longer fear the violence or boss’s criticism, you also dread the symptoms that fear cause in your body.
3. **You reject your own feelings as you fear of fear escalates.** You hate experiencing the symptoms of your fear: pounding heart, shortness of breath dizziness, lump in your throat, trembling legs and the confusion you feel in your mind. You resist and fight against anything unusual happening in your body. You become hypervigilant for symptoms of approaching panic. You come to fear any emotion or experience that triggers physical sensations that remind you of panic. Even feeling excited or exercising or getting the flu seems dangerous because the symptoms remind you of the feeling of panic.
4. **You avoid, ultimately, any situation, person, or thing that evokes feelings of arousal and anxiety.** What started as nervousness when walking empty streets becomes avoidance of going anywhere alone. What started as anxious thoughts when talking to the boss becomes avoidance of work altogether. What started as painful shyness at parties becomes avoidance of every social contact.

Fortunately there is a way to cope with this nightmare of anxiety as you will discover in later chapters.



Would you like to find the answers that will keep you free from the challenges of anxiety, panic attacks and fear of public speaking? Connect with what I am about to share and enjoy the positive results that has become the reality for many individuals.

Most people are not aware that it is possible to live above anxiety. Take the good step to find the answers you need by reading through this page. It holds the key to every anxiety battle you have ever faced.

### **Are You Ready To Get Started?**

Do you know that anxiety has made many individuals miss out on a great life? Anxiety is a challenge that removes the fun from the life of many adults. The good news is that you can live free, live confidently, and be full of life when you follow the steps in '[Anxiety Self Help: How to overcome anxiety.](#)'

This eBook is being offered here today as a PDF at a special introductory price. It covers every topic about how to overcome anxiety and it contains a full chapter on Public speaking! This is the perfect resource you need to break away from the challenge of anxiety that can lead to depression. This book gives you the key to live a life that is full of power and excitement.

**It is exactly what you need to stop a lifetime of anxiety**

**[CLICK HERE TO ORDER](#)**

The various manifestations of anxiety can prove to be a huge source of trouble for anyone. This book is written by an expert who understands the subject and knows how to help you live free of anxiety. He goes into great detail to show how you can live a vibrant life without using drugs or any complex treatment procedure.

**How you can reduce anxiety and depression at no extra cost with the eBook**

**There are many things you stand to gain by reading this book. They include:**

- **A comprehensive guide on all you need to know about Public Speaking**
- **A self designed path that will lead you to speedy recovery**
- **Learn from an Author who has great experience on the subject**
- **Step by Step easy to follow *Self Hypnosis* instructions that lead to your recovery**
- **Examples of those that have successfully used this material to recover and so much more**

You cannot miss out on this great book that helps you deal a final blow to anxiety. You do not have to worry about tomorrow when you can take a wise step that will bring you healing today. Every moment that you connect with the lessons in this book, you are helping to create a better future for yourself.

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**Are you still having doubts about what the book can do? You need to read this:**

- **The book is based on research that ensures you recover from anxiety**
- **It has the best approach to help you start your journey to healing**
- **It can save you lots of money because it is written by a professional \$147 per hour therapist**
- **You will be able to control what happens in your world rather than letting it control you**

**Grab a copy of this book today is because it shows lasting solutions to every form of anxiety related problem and the depression that is often associated with it.**

**This is something you've never seen before!**

**You must do what smart individuals do when they see a great opportunity. They rush in and take full advantage of it. This is the time to get this material and set your life in the right direction. Do get a copy today and start to empower your life.**

**What are you waiting for? Place your order now!**

**Here is what the readers say about the author's first book 'Depression Self Help'**

*"I found this book inspiring. Having suffered depression for many years, I do know how difficult it is to get up and resume your normal life. This book covers many aspects of depression and go through details of the symptoms, the causes and what you can do about it. It also talks bout type of treatments available and what each kind*

*is used for. Alfred's style in writing is down to earth, simple, easy to follow and caring. I certainly recommend this book for anyone who is suffering from depression or just feeling they are slipping into depression. I look forward to reading any future books by Alfred Bellanti.* – Nadia Hakim

*“If you want to read a down to earth real life experience of depression this is the book for you. It makes you realize you are not alone in your suffering. Also it is very enlightening and informative because Alfred did so much research and gave me the confidence to believe that I could come out of my depression.”* – Linda Lee

*“Having gone thru depression and seeking answers, I found Alfred's book was uplifting and full of good ideas that I can use in case of future situations and good preventative ideas too. Well written with solid workable explanations. Buy it”* – Amazon Customer

*“Interesting book. Useful for everyone”* – JK

*“An excellent book! When one is in the throes of depression they can rarely get out of bed, let alone concentrate on a book. Imagine if you could read the ‘rolled and condensed’ version of what you know, what you know you should do, and simple ways to do it. This book, and at its price is a piece of gold. A review to follow, but I rate it a five\*\*\*\*\* well worth under \$20 bucks and I consider it a somewhat reward-able effort in its ability to stay short, concise and to the point, for those that need answers and less talk..... To take the cake, the author has experience with the malady (and shares personal pain, experience, and recovery... if not (he even suggest paths for others).”* – Clinton Meskanen

*“Alfred Bellanti is an expert when it comes to dealing with depression. Having known him personally, I know he always has the reader's best interest at heart. It's a book full of useful facts and encouragement. I highly recommend it.”* – John Lu

*“A wise man once said: “Unsure if everything sucks because I'm depressed or if I'm depressed because everything sucks!” Depression can become so bad that not even a drum session in the park cheers you up, then it's time to get professional help and gather as much information as possible. Being a sufferer myself and having read a lot about the subject I can point out all the literature that was just superficial rubbish (a lot) and what really gave me new insights and deep understanding (a few). This book is certainly one of the best, highly recommended!”* – Amazon Customer

*“Alfred's book came in the mail, and I immediately read every page. It's packed with some really good ideas, and a real explanation that can help people finally understand depression. It's easy to read, and really a useful guide to self-help solutions that work.”*  
Dr. Richard Nongard, LMFT

*“Alfred's Depression Self Help Book has been used by many of my clients as a quick reference for their symptomatology and it has helped them understand their depression from a new perspective. The Self help section especially has been very*

*useful for some of my clients. I strongly recommend it to people who suffer from depression and those who care for them.” Mr Paul Risebrow, Registered Psychologist*

*“This book contains the main facts about major depression and the different treatments available, both medical and alternative. It also has many workable suggestions that will help the reader break through depression.”- Dr R Climie*

### **60 Day Guarantee**

**Use the techniques provided in this book and if you notice absolutely no improvement your money shall be refunded in full and you get to keep the book. It's a double win situation**