

Panic Attacks Do Not Harm You



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Most people who face panic attack have the following symptoms:

- ☑ Pounding heartbeats
- ☑ Sweating
- ☑ Dizziness
- ☑ Difficult to breath
- ☑ Chills
- ☑ Fear of dying
- ☑ Vomiting

These body reactions made most sufferers think that panic attack actually harm them physically, and eventually, they develop a fear to the event. And, this is the fear that made most of these sufferers live in continuous anxiety & stress situation.

Some panic attack sufferers eventually become panic disorder patients, ended up depressed and living with phobias.

In reality, panic attack is not going to harm us. But most of us have difficulty in understand this effectively.

For that reason, we come up with this ebook to help people with panic attack to understand that panic attack is harmless to our body, physically. And, we are going to use comic to achieve this objective.

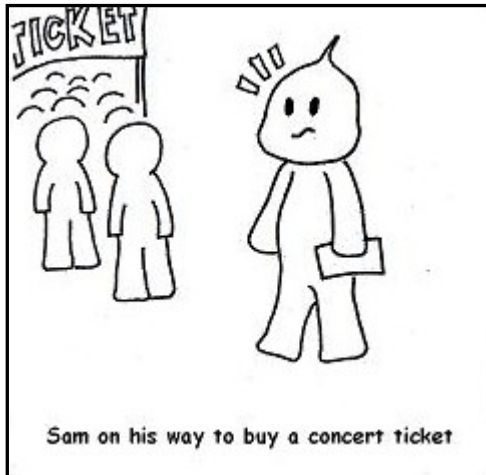
Well, let's cut it short, Let's GO!



Oh yeah, let me introduce you to our main character here, Sam!

Chapter 1:

Understand A Typical Panic Attack, & How Panic Disorder Developed.



Sam is on his way to buy a concert ticket for his friends.

He had made a promise that he will get the tickets for them.

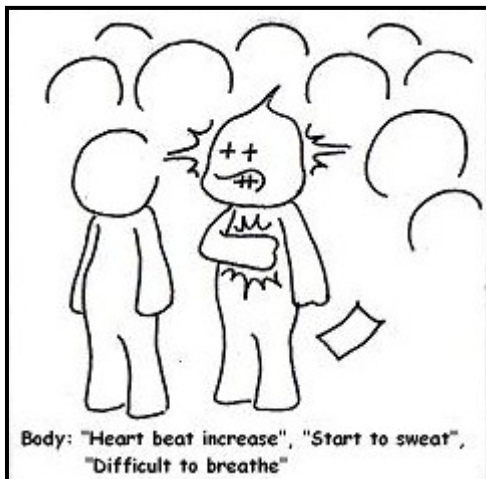
(What a good friend he is, isn't it?)



When Sam reach the ticketing counter, he found out there is a long queue.

Looking at the long queue, he starts to think:

"The queue is too long; I might not get my tickets."



Because of the feeling of he might disappoints his friends, Sam become anxious.

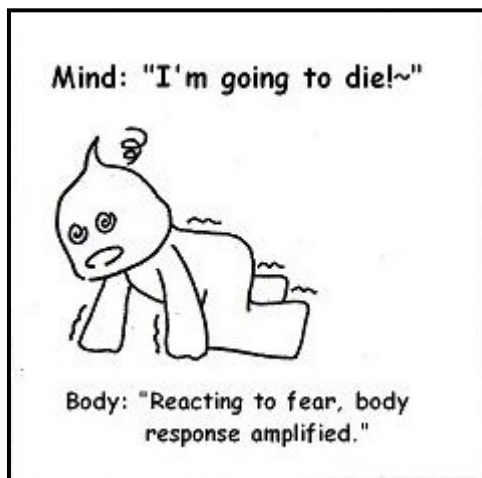
And, responding to Sam's anxiety, Sam's body reacted, his heart beat increase, and he starts to sweat and became a bit difficult to breathe.



Noticing his body reaction, Sam starts to think:

"What is happening to me?"
"Why am I sweating?"
"I cannot breath!"
"Am I going to die?"

With these in Sam's mind, he is even more anxious and worried.

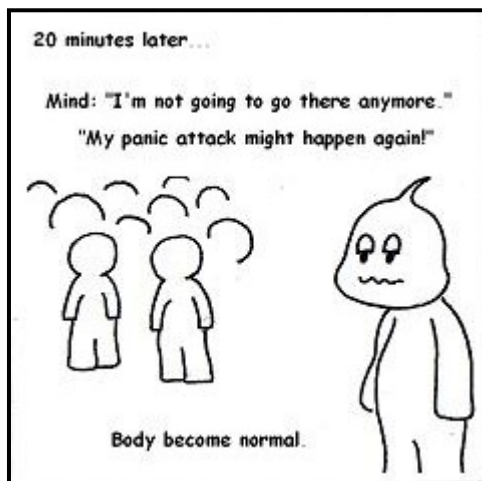


Because of the heightened anxiety, Sam's body reacted further.

All the body response becomes amplified, and Sam starts to feel the chills, and become dizzy.

Sam falls to the ground, with his body shaking.

This is Panic Attack.



20 minutes later, Sam becomes normal. His body is no longer behaving abnormal.

But, deeply in Sam's mind, Sam had developed a fear that he might have another panic attack in public.

And, because of this fear, Sam start to avoid staying in public, he becomes agoraphobia. (Fear of exposing to public)

This is How Panic Disorder Developed.

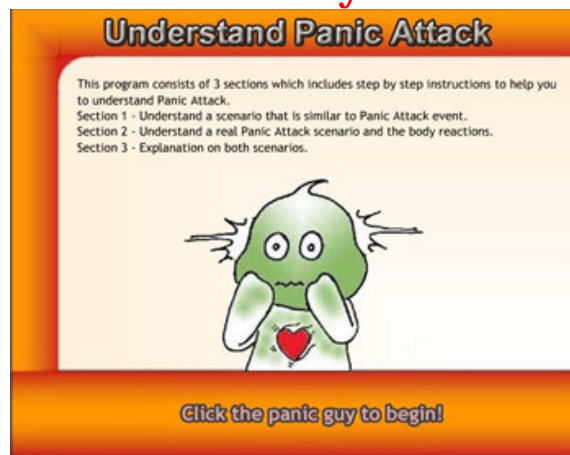
Poor Sam.

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Chapter 2

How Our Body Responded Under Different Scenarios

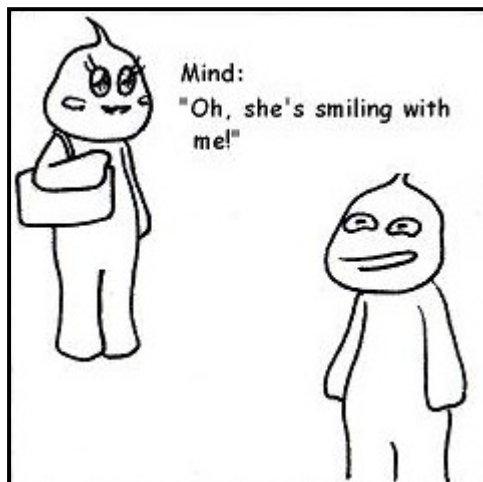
In this chapter, we are going to showcase some normal day to day activities that we faced and how our body actually responds to it. We will show in detail one of the scenario, then the other 4 in brief. (There are similarities in all of the scenarios)



Sam had always been a big fan of Susan.

One day, while Sam was walking around his neighborhood, Sam saw Susan.

"Oh... it's Susan!"



And, Susan noticed Sam too.

Susan blows a big smile to Sam, and walks towards Sam.

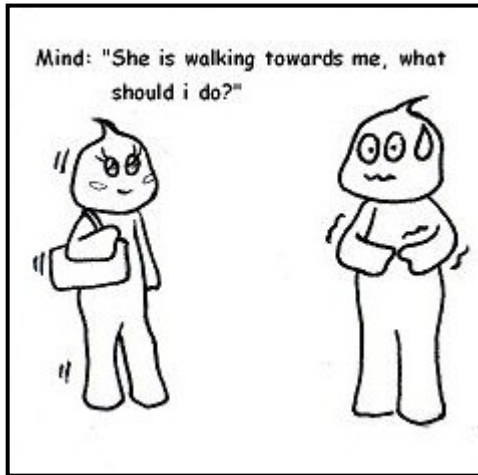
Sam was excited and nervous too.

"What should I say, what should I say?"



When Sam is too busy and nervous about what to say, he didn't realized that his body is acting abnormal.

Because of the excitement, and his nervousness, his heart pound faster, and he starts to sweat. Breath became more rapid, just like short of breath.

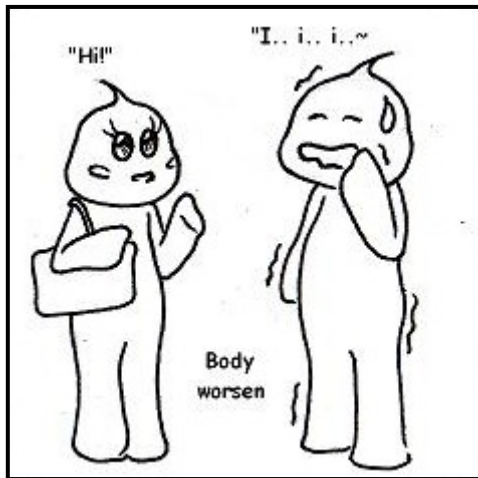


While Sam is still busy thinking about what to say, Susan is already closing.

But, Sam still has no idea what to say!

Poor Sam...

And... he is even more nervous now.

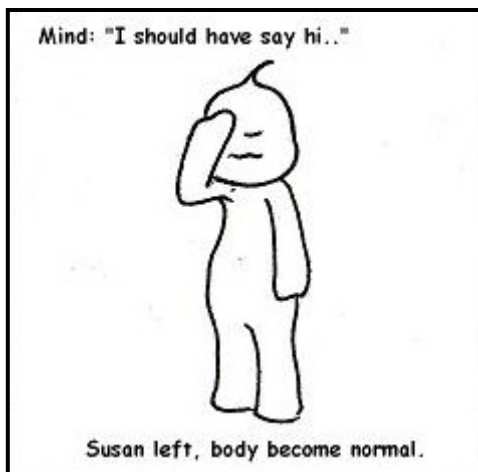


Susan is already in front of Sam, and "Hi Sam", she said.

Without Sam noticing, his body reaction amplified responding to his increasing nervousness.

Sam starts dizzying, and shaking, he can't even say a word!...

Susan was disappointed, and she left.



Poor Sam ...

After Susan left, Sam's body become normal again.

But, Sam have no idea what had happened to his body, in his mind, he just kept telling himself, he should had at least said "Hi Susan"...

Sam, Don't give up, you will see her again!

In the next 2 pages, we will have 4 more scenarios, and we are going to take it brief, but, you will see the similarities of all these scenarios.

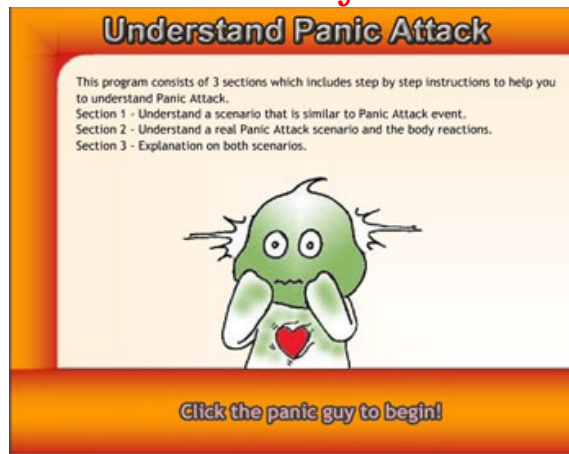
But, most importantly, notice the similarities of the body reaction during a typical panic attack and these scenarios. (We will explain it further in Chapter 3)

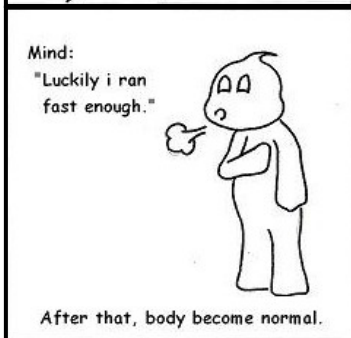
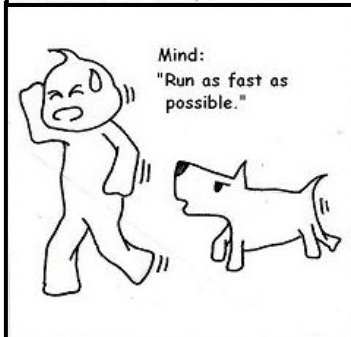
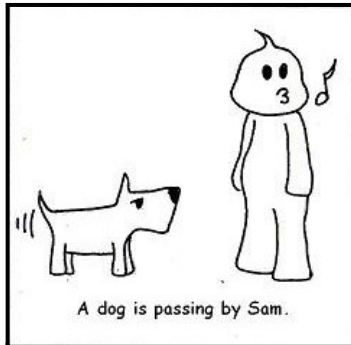
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Scenario:

→ A dog is passing by Sam.
Sam's birthday, surprise for him ←

Trigger:

→ "A dog!"
"A surprise party!" ←

Mind & Body

→ Mind: "Gotta RUN!"
Mind: "A mystery gift!" ←
→ Body ←
Heart Pounding, sweating, etc

Focus

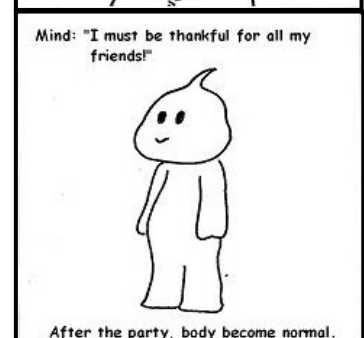
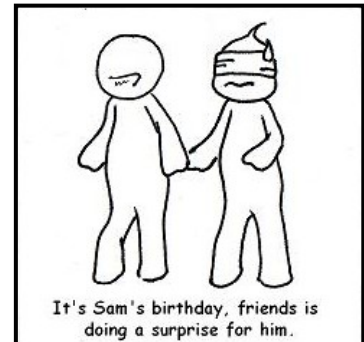
→ Focusing on running away.
Focusing on what is inside ←

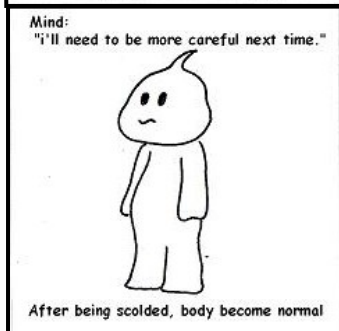
Body Reaction Amplified

→ Body response amplified by fear.
Body response amplified by excitement. ←

After The Event

Body becomes normal.
→ Mind is all about the dog.
Mind is all about the party ←





Scenario:

- Sam broke a cup..
- Sam watching a horror movie. ←

Trigger:

- "Mom is going to scold me!"
- "Ghost!" ←

Mind & Body

- Mind: "Better not let mom know"!
- Mind: "This is scary!" ←
- Body ←
- Heart Pounding, sweating, etc

Focus

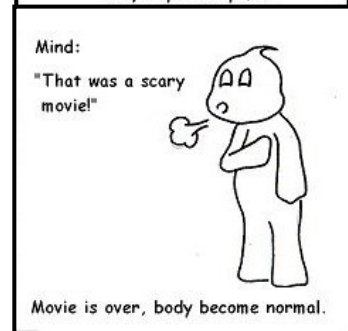
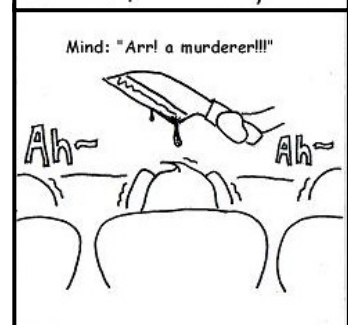
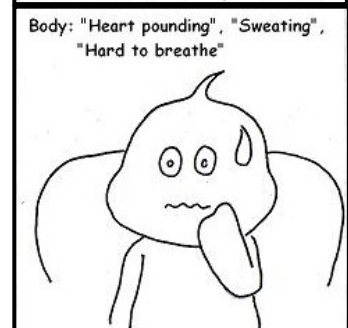
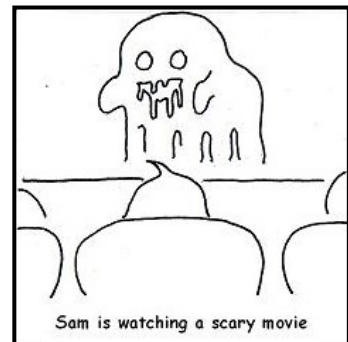
- Focusing on being scold by mom.
- Focusing on the screen. ←

Body Reaction Amplified

- Body response amplified by guilt.
- Body response amplified by uncertainty from the movie. ←

After The Event

- Body becomes normal.
- Mind is all about the cup.
- Mind is all about the movie ←

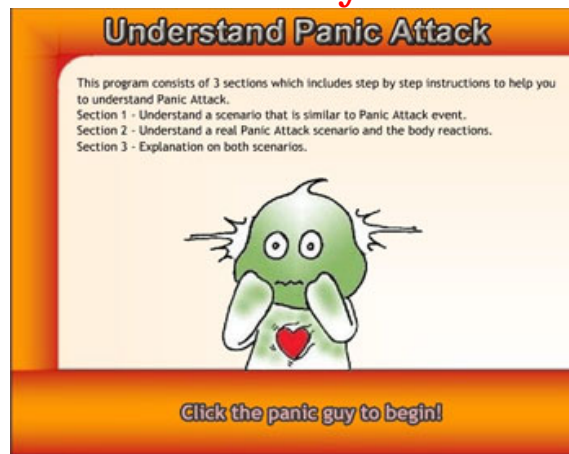


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Chapter 3 :

Panic Attack Is No Different From These Scenarios!

Have you been able to spot the similarities of the 5 different scenarios shown in chapter 2?

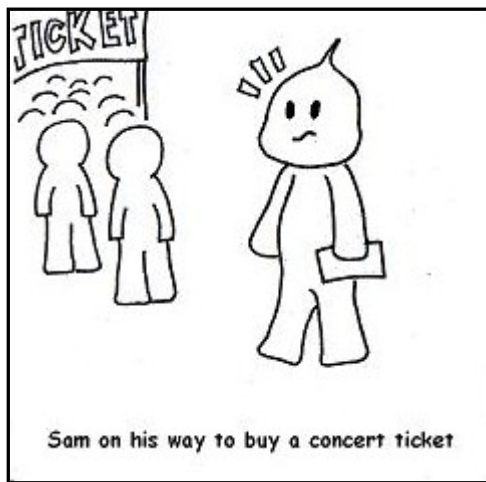
Not that tough, isn't it?

But, do you know that panic attack itself have the exact similarities too?

But, wait, if it is the same, then why the heck panic attack is not happening during these different scenarios?

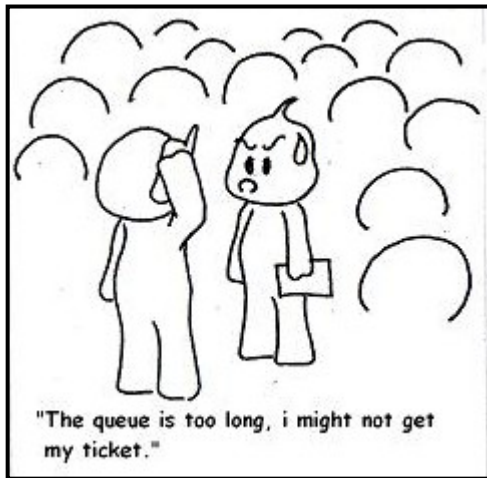
Let's use one of the scenarios and do some analysis on it, and you will see why.

1. The Scenario



In the scenario, there is actually not much to be said or to be analyzed, as this is just an introduction to the two different scenarios that is happening to Sam, our main character here.

2. The Trigger

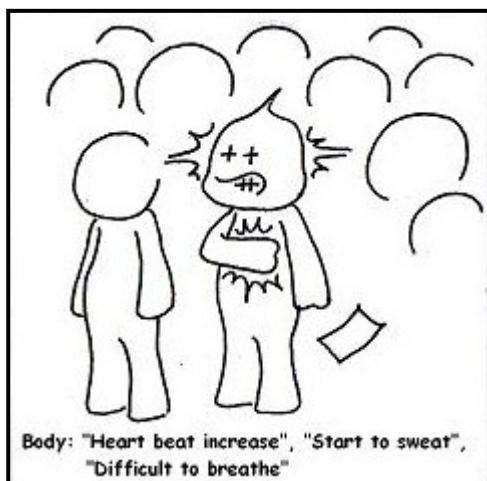


At this stage, the trigger of the whole event takes place.

In the panic attack case, Sam noticed about the possibility of not be able to get the tickets for his friends. **Sam starts to feel the heat, results in stress & anxiety.**

In the "Susan's encounter" case, Sam noticed about Susan, and her smile. Sam got overwhelmed. **Sam starts to feel lightheaded, as a result in excitement.**

3. The Mind & The Body

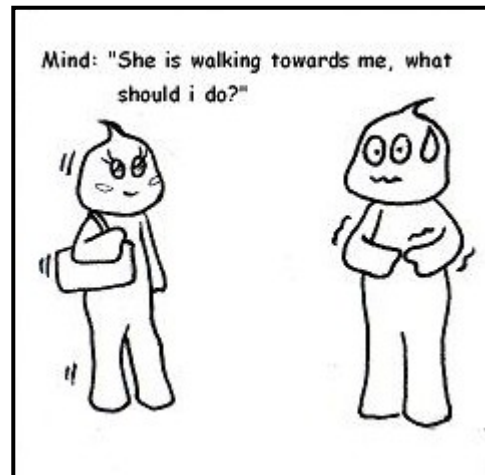


This is where the initial body responses occurred, a direct result from what happened after the trigger.

Both panic attack & "Susan's encounter" scenarios have the SAME PHYSICAL EFFECTS to Sam.

The body responded in the same way, where heart beat increased, starts to sweat, and slightly short of breath.

4. The FOCUS

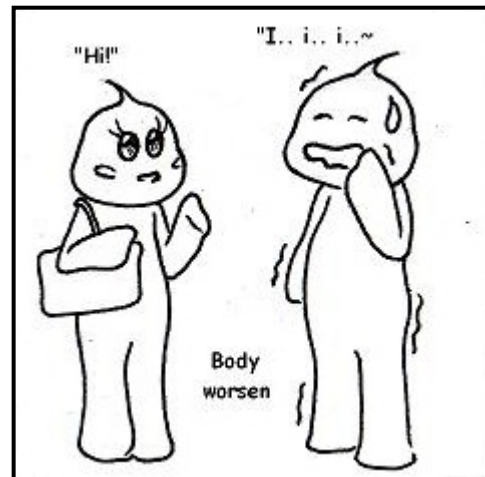
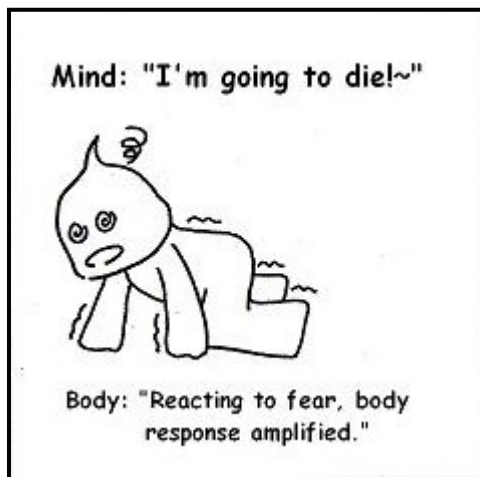


This is the **MOST IMPORTANT DIFFERENCE** occur during the whole event. During this stage, the focus is the most critical element of all.

In the panic attack case, Sam starts to notice about the changes in his body, and he start to worry about his body reaction. **He is now totally focusing on his body reaction.**

However, in "Susan's encounter" case, Sam is still very much focusing on Susan. He is still thinking about what to say, what to do. **He didn't even notice about what happen to his body.**

5. Body Reaction Amplified



Regardless of what is going on to the mind, the body reactions actually are amplified. In both case, Sam will start to feel dizzy, heart pounding even faster, and his body shaking.

But, in panic attack case, because of Sam's focus is all on his body, the anxiety level is heightened and this become an inner worsening cycle.

Heightened Anxiety → Greater Body Responses → Even Higher Anxiety → Worsen Body Responses → ...

6. After The Event



20 minutes later, all the abnormal body responses ended.

Again, the focus of the mind is critical in this case.

In “Susan’s encounter” case, Sam is still thinking about Susan, and he will live his life as he normally does.

But, in the panic attack case, some people will still think about the event over and over again. These people develop the fear of the event. They become anxious about when this will happen again.

The continuous fear and anxiety might eventually lead to panic disorder, something you & I do not want to see.

But, All In All, You Should Now Understand That Panic Attack Is Actually Not Physically Harmful To Our Body.

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