

Where do the anxieties come from?

The thoughts that cause the Generalized Anxiety Disorder are formed in response to internal or external sources.

External Sources	Internal Sources
Any threats that seem beyond your control...	Your own thoughts, memories, experiences...
<ul style="list-style-type: none"> • Breakdown of a significant relationship, eg marriage • Completion of school or university course – end of an era • Redundancy • Bereavement • Children leaving home • Making decisions – knowing what to do for the best 	<ul style="list-style-type: none"> • Unresolved trauma • Persistent thoughts & images • Memories of past upsets
<p>People who haven't developed such strong interpersonal skills & coping mechanisms (perhaps because of childhood experiences and traumas) sometimes find that they're very critical of themselves and become hyper-vigilant in their monitoring of their reactions and bodily sensations. This can lead to a constant state of anxiety.</p>	
<p>The therapeutic paradox:</p> <p>In order to avoid danger, a person with GAD unconsciously and automatically looks out for signs of threat. However, the very act of doing so, creates intense feelings of anxiety, sending the message to the unconscious mind that there is indeed danger here and that it is right to be fearful.</p> <p>Unfortunately, every time the unconscious mind gets the message that it is doing a good job, it will more quickly find the danger next time and warn its owner more intensely than before.</p> <p>It becomes a vicious circle.</p>	

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