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General Anxiety Disorder Symptoms

By Bret Bradshaw

Summary: The Generalized Anxiety Disorder is a condition of high level of worry and stress. Nothing specific triggers it. Women suffer more from it more than men.

Let's get one thing straight. Everyone experiences stress. This life is hard; you don't have to live many years to figure that out. You are guaranteed to feel a certain level of anxiety throughout your life; there is simply no way to completely avoid it. You need to be concerned if your worry is a chronic problem. If you are constantly worrying and stressed then you could have what is called the General Anxiety Disorder (GAD).

The GAD is a chronic, high level of anxiety that is not linked to anything specific.

The General Anxiety Disorder Symptoms are;

Constant worry: You are constantly worrying about the mistakes you made in the past and the problems you think you will face in the future. Many people worry about something that never happens. You worry about small matters in areas such as; family, finances, work and personal illness. Your worry is bad enough that you worry about how much you worry. Your worrying becomes a worry to you.

Decisions: You dread making decisions. You agonize over your decisions endlessly.

Irritability and edginess: Stress in general causes strong emotional responses. If you are under a great deal of stress you are more likely to lose control. If there is anything that can destroy love and unity at home or in a marriage it is out of control anger.

There is a philosophy out there that says if you are angry let it out. Freud believed in getting anger out of your system but he was wrong in this respect. That is not good advice. Most psychologists today believe different, they believe that acting out your aggression especially in a violent manner results in more anger and aggression.

If you think about it logically it absolutely makes sense. If you start yelling at someone at the top of your lungs what do you think they will do? Most normal people will yell back. You have just created a whirlwind of contention. It will require great effort to make it up.

When you start to feel your insides burn up with anger, it is time to force yourself to pause and come to yourself. Try your best to separate yourself from the situation and look at it from a third party. This is much easier said than done.

Another way to explain this is take an 8 ½ x 11-inch piece of paper and put it directly up against your face and have it touch your nose. You have peripheral vision but not much. This is what it is like when your anger has the best of you. You don't see other options but to act out your anger. Now take the piece of paper and pull it away from your face. Your peripheral vision expands representing more options than lashing out.

Physical Symptoms of Generalized Anxiety Disorder:

1. Trembling
2. Muscle tension
3. Diarrhea
4. Dizziness
5. Faintness
6. Sweating
7. Heart Palpitations
8. Difficulty sleeping

The Generalized Anxiety Disorder is a gradual process. Females tend to have it more than males.

Why this knowledge is important to you is because this disorder causes stress as was touched on a little already. It is important to understand what stress can do to you. Stress is both bad and good. The good aspects of stress are a topic for another article.

Learned helplessness is a form of stress that can lead to depression. Learned helplessness is a condition where you think all is lost and you simply give up which is behavioral disengagement. Quitting or giving up does not relieve the stress it actually causes more stress. There is nothing about giving up on something that is uplifting or ennobling.

Conclusion: The Generalized Anxiety Disorder is a disorder of chronic worry that causes unhealthy stress. Severe amounts of stress can lead to depression. Physical symptoms are also associated with this disorder.

About The Author

Bret Bradshaw owns the website www.mindbodyandmoney.com concerning self-help/self-development and operating a business from home.