

Anxiety, Desperation, and Escape From The Pain

Desperate people do desperate things in desperate times.

by Faust Ruggiero, M.S.

Desperation can be described as an end-of-the-line, out-of-options, quick-decision motivator. It can attach itself to the most intelligent minds, often making them appear hopeless and despondent. Anxiety, along with the fear and pain it causes, can create a desperate internal motivation response, which can have people making decisions that have no chance at all to succeed. It can put you in a position to make rash decisions that are based purely on emotion. The desperation that can result lights an emotional fix-it-now fire in your brain, which instigates the willingness to attempt just about anything to rid yourself of this sadistic and uncompromising demon. *Desperate people can do desperate things in desperate times.*

There is very little in the human universe more compelling and more dangerous than a desperate person. Desperation can make people behave with reckless abandon, with little, if any concern for collateral damage. It knows no boundaries, and it respects no wishes. It takes risks where no risks should be taken. When you are desperate, you might do anything to either arrive at your goal or avoid something that might instill fear or pain. Desperation can cause you to think and behave in a manner that appears, very often, to be neurotic and, at times, psychotic.

The onset of anxiety is felt in the body initially, but it quickly attaches to the mind and the emotions. Your mind and your body are valued partners. One cannot live without the other. Under normal circumstances, that partnership can be positive. Sometimes though, your mind and your emotions team up to produce a quick-fix decision that is not healthy, nor in your best interests. Even the most intelligent minds can fall prey to desperate thoughts and desperate actions. Let's take a look now at how desperate thoughts can evolve into desperate action.

Talking Yourself Into It

Positive language can help you change your thinking, and help you create empowering statements about yourself. Positive language is a powerful tool in your fight against the anxiety demon. It helps you think more healthy thoughts, and

this helps you move in the direction of the healthy life you seek. If you can begin to routinely commit yourself to thinking positive thoughts, it can become the natural way you live life.

The anxiety demon, however, wants you to attach yourself to negative thinking, and subsequently to a negative way of living. Internal language is such a powerful tone-setter regarding how your life will continue to evolve, so not giving in to negative thoughts and verbalizations is paramount to the peace and serenity you are looking for.

What happens when the consistent use of negative language evolves into a more drastic way of thinking? When the demon has you firmly in its grasp, there may seem to be no way out of the horror. Regardless of what you think or do, you see yourself as stuck, as though you are sinking into murderous quicksand with no rescue in sight. You firmly believe you have gone over the situation from every conceivable perspective, and you are convinced that you are doomed to repeat this hopeless and demoralizing way of life forever. Your internal language has progressed from negative remarks to alarming screams: *There's no way out of this prison! I have no other options!*

Desperation adds an entirely new ingredient to the view from inside the demon's prison, a prison you may feel has been designed just for you. It can cause you to believe that the hopelessness that defines your cold, dark world is real. Fueled by emotion, desperation paints a bleak picture of a world with nowhere to go, and no way to make the pain stop. This life-stealing nightmare can be terrifying and force you to think and behave as you never have before. Emotionally driven, desperate measures can seem like realistic ways out of your fear and your pain.

The Ups, The Downs, And The Bottom

It's so important to understand the movement from anxiety to the decision to take a desperate measure. Since anxiety works its way through the nervous system, and the nervous system travels through every part of the human body, anxiety has the potential to affect every component of the body. Anxiety compromises the efficiency of every system in the human body. As it continues to gather strength, it moves into the emotions, causing increases in fear, anger, and general instability. Already firmly lodged in the brain, the efficiency of intellectual processes is

reduced, instigating perceptual difficulties, and causing a reduction in the ability to gather factual information. This leads to faulty conclusions, and inevitably, a reduction in sound decision making.

Since anxiety so drastically accelerates the human condition, there is a tendency to cause temporary periods of system burnout, which leads to depressed neurological activity. Clinical depression often accompanies the more acute stages of anxiety, and this combination exacerbates the difficulties that began when the anxiety demon began its vicious attack.

Several items can lead to desperate thinking, and inevitably, desperate action. They are:

- Anxiety that has progressed to the point that it seems to have taken control of the individual's life.
- Other personal issues such as finances, relationship, and health, have become seriously affected.
- Since so many attempts were made to fix the problem without any success, there seems to be no way out of the problem
- Periods of depression can cause people to feel as though their life is a hopeless mess that will never change.
- People stop trying to obtain help from others, and begin to isolate.
- With the effects on the body, mind, and emotions, perceptions of realistic circumstances are severely compromised, and more drastic measures may be perceived as realistic approaches.
- As the pain progresses to the point that it is relentless, there seems no way out, and desperate measures, including suicide, can seem like a logical way out of the distress.
- When someone decides on a desperate measure, there can experience a period of peace since a realistic solution seems to be at hand.

The Warning Signs Of Desperation Motivated Escape

Anxiety is a condition that systematically wears you down, especially when it is accompanied by depression. Even the most stable minds can be driven to the brink of destruction by the debilitating effects of a condition that is unrelenting, and seems to offer no way out of its life crushing prison. There, however, are warning signs to look for when someone you know is struggling with anxiety, and the depression that follows. They are:

Mood related changes: Desperate people who evolve to the state of are suicidal ideation often display one or more of the following:

Anxiety and panic attacks

Severe depression

Loss of interest in daily pursuits

Disconnection with others, and life, in general

Irritability and intolerance

Humiliation and shame

Agitation

Anger

Relief that is sudden, but short-lived

Linguistic changes: People who become desperate, and maybe looking for a way out of their distress will begin to express their desperation. They may talk about:

Feeling hopeless

Feeling trapped or in unbearable pain

Having no reason to live

Being a burden to others

Others being better off if they were gone

Unbearable pain

Seeing no way out of their misery

Killing themselves

Behavioral changes: Everyone has baseline behaviors, that is, the way we typically act on any given day. When a person is becoming desperate, look for the following:

Increased fatigue

Expressions of anger, intolerance, and resentment

Changes in sleep behaviors

Avoiding contact with family and friends

No interest in hobbies and other personal pleasures

Increased use of alcohol and other drugs

Visiting or calling people to say goodbye

Getting affairs in order, and making final arrangements

Preoccupation with death, and being in a better place

Giving away prized possessions

Research regarding ways to end their lives

Desperation almost always occurs in times of loneliness and isolation. Desperate times may have people believing that no one cares, but they do. Very few desperate people really want to hurt themselves. They simply want the pain to stop. They want to see that there is a viable route out of their suffering. It is not important that you know what to do to help someone. It *is* important that you let them know that you are there for them, that you are willing to help them, and that they are not alone

There Is Hope

10 Ways To Help Someone Who Is Becoming Desperate

1. Try to determine if there are changes in mood, language, and behavior. The first step is always to make sure that they are safe, and not in need of any emergency services.

2. Talk about what you are seeing with others, especially professionals. Before you do anything, it's a good idea to share what you are seeing, and get the right advice.
3. Be willing to spend some time with someone you feel is showing signs of desperation. You'll need to do this over a period of time to help them trust you, and see that there is a way out of their distress.
4. Listen and observe. The information you will receive will help you determine if they need additional assistance, and how you can help to provide it.
5. Help them build a network of family, friends, and professionals who can assist them as they work through their difficulties.
6. Make it clear to them that they are important to you, and that you don't want them to hurt themselves.
7. Even though their perceptions have been affected, validate what they are saying. They need to know that you are trying to understand what they are thinking and feeling.
8. If you're even slightly worried about someone being an immediate danger to themselves or others, be willing to take action.
9. If emergency services are necessary, be willing to make the call. Don't put this off
10. Let them know that you are with them for the long run. Be willing to follow up, and spend some time with them.

Everyone's life is important. No one should have to suffer to the extent that they become willing to take desperate measures. Anxiety, especially with a severe depressive component, distorts perspective (the point of view that often determines action) and context (the circumstances that form the setting for action) which need to be based on realistic information. This can lead to unnecessary drastic action.

If you know someone who is suffering, and can't seem to find a way out of their distress, be willing to get involved. Let them know you care, that you are there for them, and do be willing to take the steps that may be necessary, and which may save their lives. No one should be left alone in the pain of their desperation. Their life is important. Let them know that.

Faust Ruggiero is the award-winning author of The Fix Yourself Empowerment Series, and the new *The Fix Your Anxiety Handbook*.

<https://www.fastruggiero.com/>