



Speaking from Experience

Anxiety Disorders

Transcript for chapter 1 of 7: What's going on?

Luke (diagnosed 5 years): I knew something wasn't right because I was worrying a lot more. It was strange because you haven't experienced that before in your life. And you wonder what's wrong with you.

David (diagnosed 3 years): I honestly didn't know what was happening to me. Like, really, it was the worst thing I'd ever gone through.

Amber (diagnosed 4 months): You feel like you're not normal. And, you know, why am I feeling like this?

Anne & Keith (diagnosed 25 years): He would either sit up in bed or wake me and say "I'm going! I'm going! I'm going! Tell the children I love them!" And this was that pure panic and dread that something dreadful was about to happen.

Carole & Kate (diagnosed 5 years): When you've got anxiety, you just don't face reality, really. It just gets too much and you can't handle it.

Carole & Kate: And you're frightened about being in a crowd somewhere where it's going to happen. Because you know that a lot of the time, you haven't been able to control it.

Karen (diagnosed 2 ½ years): I'd get my panic attacks and I didn't realise that's what they were at the time. Just always frightened, it was like a horror movie.

Anne & Keith (diagnosed 25 years): In retrospect, I can now see that I had anxiety attacks virtually all of my life.