Anxiety Book: Why Am I So Insecure

Anxiety

with depression, anxiety, and sleep disorders. Food-insecure individuals had an almost 3 fold risk increase of testing positive for anxiety when compared

Anxiety is an emotion characterised by an unpleasant state of inner turmoil and includes feelings of dread over anticipated events. Anxiety is different from fear in that fear is defined as the emotional response to a present threat, whereas anxiety is the anticipation of a future one. It is often accompanied by nervous behavior such as pacing back and forth, somatic complaints, and rumination.

Anxiety is a feeling of uneasiness and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. It is often accompanied by muscular tension, restlessness, fatigue, inability to catch one's breath, tightness in the abdominal region, nausea, and problems in concentration. Anxiety is closely related to fear, which is a response to a real or perceived...

The Book of Mormon (musical)

with anxiety, but Cunningham reassures him that he will succeed and that, as his companion, Cunningham will be by his side no matter what ("I Am Here

The Book of Mormon is a musical comedy with music, lyrics, and book by Trey Parker, Robert Lopez, and Matt Stone. The story follows two missionaries of the Church of Jesus Christ of Latter-day Saints as they attempt to preach the faith to the inhabitants of a remote Ugandan village. The earnest young men are challenged by the lack of interest from the locals, who are distracted by more pressing issues such as HIV/AIDS, famine, and oppression by the local warlord.

The show premiered on Broadway at the Eugene O'Neill Theatre in March 2011, starring Andrew Rannells and Josh Gad. It garnered critical acclaim and set records in ticket sales for the Eugene O'Neill Theatre. The Book of Mormon was awarded nine Tony Awards, including Best Musical, and a Grammy Award for Best Musical Theater Album. The...

Why Loiter? Campaign

feel insecure at night: Survey

Indian Express". archive.indianexpress.com. Retrieved 2023-06-28. Oberoi, Shamolie (2015-06-01). "Why Loiter? Book Review: - Why Loiter? is a women-led campaign in India that aims to reclaim public spaces for women and challenge patriarchal societal norms. It was initiated in 2014 by Devina Kapoor and Neha Singh in Mumbai, India. The campaign draws inspiration from the book Why Loiter?: Women and Risk on Mumbai Streets authored by Shilpa Phadke, Sameera Khan, and Shilpa Ranade, published in 2011. It emerged as a response to the prevalent risks faced by women while navigating the streets of Mumbai, particularly in light of highly publicized cases of sexual violence such as the 2012 gang rape in Delhi and the 2014 rape of a woman by her Uber taxi driver in Delhi.

The campaign advocates for women ‘loitering’ – reclaiming public spaces by accessing them for leisure. As a part of the campaign, groups of women have walked...

Attachment in adults

individuals with an insecure attachment style may also be more vulnerable to mental health problems such as depression and anxiety disorders in addition

In psychology, the theory of attachment can be applied to adult relationships including friendships, emotional affairs, adult romantic and carnal relationships and, in some cases, relationships with inanimate objects ("transitional objects"). Attachment theory, initially studied in the 1960s and 1970s primarily in the context of children and parents, was extended to adult relationships in the late 1980s. The working models of children found in Bowlby's attachment theory form a pattern of interaction that is likely to continue influencing adult relationships.

Investigators have explored the organization and the stability of mental working models that underlie these attachment styles. They have also explored how attachment styles impact relationship outcomes, and how attachment styles function...

Aboulomania

depression and anxiety, conditions both closely associated with aboulomania. Aboulomania development may also be triggered by the shame, insecurities and lack

Aboulomania (from Greek a– 'without' and boul? 'will') is a mental disorder in which the patient displays pathological indecisiveness. The term was created in 1883 by the neurologist William Alexander Hammond, who defined it as: ‘a form of insanity characterised by an inertness, torpor, or paralysis of the will’. It is typically associated with anxiety, stress, depression, and mental anguish, severely affecting one's ability to function socially. In extreme cases, difficulties arising from the disorder can lead to suicide. Although many people are indecisive at times, it is rarely to the extent of obsession.

The part of the brain that is tied to making rational choices, the prefrontal cortex, can hold several pieces of information at any given time. This may quickly overwhelm somebody when...

Affirmations (L. Ron Hubbard)

confidence of myself". He refers to his anxieties and insecurities, particularly relating to his writing and naval careers: "I was always anxious about people’s

The "Affirmations", also referred to as the "Admissions", is a document written around 1946 or 1947. It does not list an author, but it is widely believed to have been written by L. Ron Hubbard, a few years before he established Dianetics (1950), which formed the basis for Scientology (1952). The document consists of a series of statements by and addressed to Hubbard, relating to various physical, sexual, psychological and social issues that he was encountering in his life. After the Affirmations became public knowledge in 1984, the Church of Scientology initially disputed their authenticity. However, they later effectively admitted the document's authorship, describing the work in legal papers as having been "written by" Hubbard and seeking to retain ownership of it.

The Affirmations were...

Neurosis

neurotic caretakers, the child quickly becomes insecure and develops basic anxiety. To deal with this anxiety, the child's imagination creates an idealized

Neurosis (pl. neuroses) is a term mainly used today by followers of Freudian psychoanalytic theory to describe mental disorders caused by past anxiety, often anxieties that have undergone repression. In recent history, the term has been used to refer to anxiety-related conditions more generally.

The term "neurosis" is no longer used in psychological disorder names or categories by the World Health Organization's International Classification of Diseases (ICD) or the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM). According to the American Heritage Medical Dictionary of 2007, the term is "no longer used in psychiatric diagnosis".

Neurosis is distinguished from psychosis, which refers to a loss of touch with reality. Its descendant term, neuroticism...

Terror management theory

it also tries to explain why we need self-esteem. One explanation is that self-esteem is used as a coping mechanism for anxiety. It helps people control

Terror management theory (TMT) is both a social and evolutionary psychology theory originally proposed by Jeff Greenberg, Sheldon Solomon, and Tom Pyszczynski and codified in their book The Worm at the Core: On the Role of Death in Life (2015). It proposes that a basic psychological conflict results from having a self-preservation instinct while realizing that death is inevitable and to some extent unpredictable. This conflict produces terror, which is managed through escapism and cultural beliefs that counter biological reality with more significant and enduring forms of meaning and value—basically countering the personal insignificance represented by death with the significance provided by symbolic culture.

The most obvious examples of cultural values that assuage death anxiety are those...

Obsessive–compulsive disorder

Depression and Anxiety. 25 (9): 761–767. doi:10.1002/da.20304. PMID 17345600. S2CID 30858531. Conelea CA, Walther MR, Freeman JB, Garcia AM, Sapyta J, Khanna

Obsessive–compulsive disorder (OCD) is a mental disorder in which an individual has intrusive thoughts (an obsession) and feels the need to perform certain routines (compulsions) repeatedly to relieve the distress caused by the obsession, to the extent where it impairs general function.

Obsessions are persistent unwanted thoughts, mental images, or urges that generate feelings of anxiety, disgust, or discomfort. Some common obsessions include fear of contamination, obsession with symmetry, the fear of acting blasphemously, sexual obsessions, and the fear of possibly harming others or themselves. Compulsions are repeated actions or routines that occur in response to obsessions to achieve a relief from anxiety. Common compulsions include excessive hand washing, cleaning, counting, ordering, repeating...

Vulva activism

stigmatizations and myths concerning the vulva. Many girls and women are insecure about the appearance of their genitals, but do not dare to bring up the

Vulva activism (also termed as vulvactivism) is the promotion of a raised awareness of the appearance of female genitalia and the breaking of taboos surrounding the vulva, as carried out by feminist movements and advocacy groups. Other names for this advocacy movement are labia pride, labia liberation, vulvaversity, viva la vulva, pussy positivity and similar. It is supported by several independent feminist groups and based on diverse channels of communication such as cyberfeminism, protest marches and advocating boycotts against physicians and clinics that make use of deceptive advertising.

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