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Catastrophizing is a

Thinking Error (aka

Cognitive

Distortion) that

makes you ,

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depressed, and  
unmotivated. In  
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When the Fight,

Flight, or Freeze

response kicks in,

the thinking part of

your brain shuts

down. Trying to

force yourself to

calm ...

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*personal video and*

*was very hard for*

*me to decide to*

*upload. I suffer*

*from , anxiety ,*

*disorder and a few*

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attacks forever von  
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*Aufrufe Hi, my  
name is Tom*

*Nuyens. And in this*

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share with you how

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*Robbins video,*

*you'll learn that ,*

*anxiety , is just a*

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habit. Mel Robbins,  
goes on to teach  
about the 5 second  
rule, and how ...

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anxiety , and ,

panic , for most of

my life, I never

imagined a day

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wake up without ,  
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Abrar Hussain as

he explains what

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