

## Weaning off of Xanax

Wednesday, 11 November 2009

Hi Everyone,

I just returned from the doctors and I do not know if I am right in doing this but as of right now I am cutting my xanax in half and then in three days the doctor said to stop taking it. If I feel the need after three days he said I could cut it down to two halves a day.

I don't know if I am ready for this or not but the side effects I have been having from xanax is worse than having the anxiety itself. I am more worried about taking the pill which causes me more stress.

I am going to try and do it on therapy only. I know that if I need help I have a medicine drawer of xanax or adivan. I can do this I know I can. I've been feeling so sedated that I do not act like my regular self. I am scared but I think I can do this. I have another doctors appt. for next week because this doctor wants to make sure that I will not need any other meds.

So for my 3pm xanax I only took half the dose. I am a little nervous but I am getting tired of the side effects from xanax. It makes me all weak and makes my hands tingle after a couple of hours. Not only that I get this either ringing in my ears cant really explain the noise. Last night my chest had flutters in it after I took the xanax. It's causing me stress just taking medication.

This might be a rough few days but then I start thinking that it's been a rough month just taking the medication. I am hoping I can overcome all of this with therapy and a lot of courage.

Like I said if its too early then I can always go back onto something. I am probably going to need encouragement for a few days. Lets see how it goes.

Patty