

Day 4 of Xanax withdrawal

Sunday, 15 November 2009

Hello everyone,

I haven't visited this site in about 4 days. As I have told everyone I am coming off of xanax. Okay the first day was hell when I knocked every pill I took into half doses. The past couple of days I adjusted and had some minor withdrawal symptoms. Today I cut it down to .25mg morning and I just took bedtime dose of .25mg just a little while ago. I wasn't going to take night time dose but thought differently thinking do this slowly. So for the next three days I am going to take this lower dose and after that lower it to one .25mg. a day. I got a little shaky and had some anxiety today. I was worried about all this seizure stuff.

My advice to anyone who is going to come off this stuff is don't look up xanax withdrawal on the internet because it will scare you. I have only been on 1.5mg. a day for about a month. I actually felt very good since Friday. More aware and less nervous. The xanax was working against me. I had all kinds of side effects while taking the dose I was on but then when it was knocked down to half the dose I started feeling really good which scared me because I thought something was wrong because I was feeling too good.

I did not want to take tonights dose but I was having some withdrawal symptoms so I decided I am not messing around. I need to let my body get used to the idea of just a little bit of xanax. I can tell everyone the first day was hell but I have been comfortable. The doctor wanted me to almost quit cold turkey but that isn't going to work so I am slowly tapering whether he likes it or not.

Benzos are nasty drugs to come off of and I will say that never again will I take them. I will take my time coming down off these even though I am a short term user. They have caused me more anxiety than they are worth. One of the withdrawal symptoms is anxiety. I have been doing okay with the anxiety part there has only been a couple of times when I felt like I was going to have a panic attack.

All I can say is so far I feel much better, and more aware. Even though I have been anxious about coming off these pills I have been doing okay. I have been using progressive muscle relaxation and am trying out some yoga. Well the beginners yoga I did today kind of did not work well because I was tense and anxious when I did it now I have sore legs but oh well.

I just thought I would drop a line so everyone knew that I haven't fell off the face of the earth. And to tell everyone to make sure they don't look up xanax withdrawal online while you are weaning off of them because it is scary and scared the crap out of me.

Patty