

## It WILL get better

Monday, 27 October 2014

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Hello, I have had very severe panic attacks since I was 19 years-old. At the height of the problem they would just cycle on and off, going on for days until I was past exhausted. I went for treatment and now they are so much better. The worse I get is chest pains. They are scary, awful, and life changing. But people do get better. You think it is not possible but it happens. I used DBT therapy and medication. Not having a fear of panic is key. Just let it "wave" over you and do the best you can for the time. It will run its course, you will be exhausted. However, you will have survived. The more this happens the better a person gets.

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