

Craig

I want to write this article to let people know that recovery from mental illness can be very successful and could be very possible with the right doctor. It can assist and could change your life forever, just like it has changed my life completely for the better.

About 5 or 6 years ago I started to develop OCD (obsessive compulsive disorder). I was constantly worried and tried to do things over and over to try and get my worries over and it would go away. Instead the rituals I would perform would greater not lessen, and increased rituals I would perform not only growing in amount but strength as well. I would also have major anxiety problems in the field that I would dread each night that passed because I would have to go to the toilet 3 or 4 times at night and I felt anxious several hours before I go to bed at night about having to get up for a toilet break. This would happen every night for several hours. I'm not even finished yet, I would almost every day at one point suffer from an anxiety attack (or panic attack) which I would have certain fears going around in my head and also making me not able to concentrate on things and this could get very bad at times and I suffered severely, this would also last for several hours.

Back to the OCD again this would worry me 60 seconds a minute 60 minutes an hour 24 hours a day 7 Days a week 30—31 days a month 12 months a year. I'm saying this as I tell the truth, and to mean that I had no time AT ALL to enjoy myself. I literally mean that while suffering from this disease I HATED life. It was a living hell. BUT, once I seeked a doctor, things slowly started to improve, my life day by day was getting better, these symptoms were starting to go away and eventually got so well that from hating life has been changed to nothing less than a wonderful and a most enjoyable life at present and wouldn't swap it for anything.

I now virtually do not worry AT ALL about any of the OCD stuff anymore except on rare occasions which really do not worry me anymore. My natural anxiety has completely vanished into thin air.

Unfortunately I still suffer a little bit from the anxiety attacks but I don't get them as often and has significantly got weaker. But I am handling it ok to date and am probably keeping it that way, thank you .