



sufferingextremely

Member

 Oct 9, 2021

 57

Nov 30, 2022

  #7

You need to desensitize yourself, I think. Things that make us anxious and tense tend to make us less so the more we do them. Anxiety and depression have commonalities in brain chemistry, I think. This is presumably why medications that treat depression also will be effective for anxiety.

There are all kinds of ways to handle stuff like this. One that is very effective is to do deep breathing/relaxation exercises. Look up some hypnosis/ deep breathing techniques. What you want to do is use hypnosis and relaxation to condition yourself to not feel this way when the situation comes up.

Get into a profoundly relaxed state and think about talking to this guy. Think about the exact situation(s) that cause you this feeling, and continue to relax yourself. Do this daily, maybe even twice a day or more, if you have time.

What will happen over time is your mind and body will start to associate this situation with relaxation. You will talk to this guy and it will trigger a feeling of relaxation.

 MellowAvenue

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