As we've learned, anxiety and fear have distinct evolutionary functions as emotions. Too much of either can become anxious in the first place. They may never have had access to information and mental health services in their community, and thus were not readily able to learn the ins-and-outs of how these disorders come about, how they are diagnosed, and the ways they affect the lives of people who endure them. 

Anxiety and fear have distinct evolutionary functions as emotions. Too much of either can become anxious in the first place. They may never have had access to information and mental health services in their community, and thus were not readily able to learn the ins-and-outs of how these disorders come about, how they are diagnosed, and the ways they affect the lives of people who endure them. Some anxiety disorders make it very difficult for people to approach and make relationships with other people, for instance. The important thing to remember for this section is that: anxiety and fear are emotions that all people experience and cannot just as easily choose to stop feeling this way. A person experiencing an anxiety disorder did not choose to become this anxious. They be "put on edge" by a large variety of events that they interpret as stressful or cause them to feel immediate fear. Other people in the same situations may feel nothing out of the ordinary. 

Common Anxiety Disorders

As with other mental disorders, there are many factors to consider. One prevalent item to keep in mind is that people with anxiety disorders do not choose to be more anxious than others. Other people in the same situations may feel nothing out of the ordinary. They may never have had access to information and mental health services in their community, and thus were not readily able to learn the ins-and-outs of how these disorders come about, how they are diagnosed, and the ways they affect the lives of people who endure them. Some anxiety disorders make it very difficult for people to approach and make relationships with other people, for instance. 

Phobias and Test Anxiety

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