MAGICAL THINKING

We all engage in magical thinking sometimes in the form of superstitions, however, in terms of mental health, magical thinking takes on another dimension. Typically, this is when a person believes that his/her thoughts or actions have the ability to control outside events.

"*believing that one event happens as a result of another without a plausible link of causation*." Or specifically, "*believing in things***more strongly***than either evidence or experience justifies."*

In the case of anxiety disorders, it tends to be just that—believing that your anxiety somehow controls the world around you. Commonly, people begin to engage in specific behaviours to quieten their thoughts/worries and attempt to control the outcome of something.

Whilst experiencing anxiety can be distressing, the belief is that it protects you from some greater catastrophe. Therefore, some people find it difficult to give up anxiety because the fear that something bad will happen.