



Newsletter December 2003

Featured Sample Email by Jef Gazley, M.S.

Can't Bear To Relax Or Waste Time. Is It A Phobia?

Dear Christine,

In general mental health is all about balance. If something becomes excessive to the point that you go out of balance in any area of your life then it can be looked at as a problem area. That does not necessarily mean that it is a severe mental disturbance. Although your thirst to learn and not waste time is in some ways quite commendable, and certainly better than most peoples equally out of balance tendency to watch reruns of Gilligan's Island or The Brady Bunch, which could easily rot your mind, it does seem to be somewhat of an obsession.

You only gave me sparse information in your e-mail so I am going to be asking more questions and throwing out more possibilities than usual. If your husband is right about a general tendency not to be able to relax then there are three psychiatric conditions that might account for it.

It seems to me that your thinking is out of balance and obsessive, and therefore it is possible that Obsessive Compulsive Disorder might be the cause. I would doubt this however, unless you have other specific irrational beliefs, which cause anxiety or compulsions to try and relieve the anxiety. My guess is that you are not suffering from full-blown OCD and instead just have personality tendencies.

Another possibility is Attention Deficit Disorder. This might seem strange to you because it sounds like you are studious and the common conception is that to have ADD you can't concentrate or learn. This happens in some types of ADD, but not always. Often ADD takes the form of an inability to relax.

It might also be that you are suffering from an anxiety disorder and that it is showing itself in the need to be constantly on the move and busy. The tendency for you to focus mainly on learning is probably just your own personal tendency and interest.

The only other possibility that you might want to look at is whether you have ever had a trauma early in your life that has anything to do with learning, wasting time, or not

having enough time because of an early death. I do not really expect that this is the issue, but want to cover all bases.

Given the information you laid out these are the possibilities that seem likely to me. I would seek out some individual counseling with someone who is fully qualified in those diagnosis listed above so that a determination can be made. Be especially concerned to find someone with a good knowledge of adult ADD, as it is the most misunderstood condition out there today. Good luck and I hope this helps. Jef.

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Featured Specialist: Terre Buck, M.A.

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Counselor

worked with a varie
their parents, substance abusers, battered women and men, Vietnam Era Veterans, and those clients experiencing depression, anxiety disorders, relationship problems, and adjustment disorders, co-dependence in relationships, and co-dependence in families. Terre currently divides her time between Chicago and Kalamazoo where she is doing research. At the present time Terre is only using e-mail and chat mediums.

December Contest Winner

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*We believe better health
begins with better Mental Health.*
Jef Gazley M.S.

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