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Using Different Methods to Treat Anxiety

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Dear Editor,

One of the biggest problems that threatens human life today is anxiety. A phenomenon that has disrupted the process of human life and endangered his mental security and peace. In fact, it can be said that there is an inverse relationship between human comfort and tranquility. There are several ways to treat anxiety, including mindfulness, CBT, and ACT [1].

Mindfulness: "Mindfulness is a receptive, judgment-free consciousness of what is happening now" [2]. In which the two elements of presence in the present moment and non-judgment play an important role. In recent decades, using the principles of mindfulness, various treatment methods have been developed in clinical psychology and psychiatry to treat depression, anxiety, addiction and stress reduction.

CBT: Cognitive-Behavioral Therapy, or CBT for short, is a short-term psychotherapy that psychotherapists use to educate people and change their feelings and behaviors by changing their thought patterns and beliefs and contain six main processes in it include: acceptance, momentary contact, creating a sense of self as texture, cognitive fault solutions clarifying values is a committed action [3].

ACT: Acceptance and Commitment Therapy (ACT) is a model of the third wave of behavioral therapy. The main purpose of this model is to perform an effective action, an action that is conscious attention with full presence of mind and value-oriented [4].

Although in my opinion all these methods have differences, it seems that they all have one thing in common: the basis of all these methods is, they separate the person from the strands that are woven around him (her). By paying active attention to the stimuli and events, he (she) can get rid of the bondage of these strands and be in the space of rationality. It seems that according to this point, other methods can be proposed in the future.

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