

# Not Afraid Anymore

I thought I was losing my mind. Following a sexual assault, I was nervous, worried all the time and suffering with agoraphobia.

I was afraid to leave my home. Whenever I went out alone, I'd be stricken with panic attacks. My heart would begin beating erratically, making it difficult for me to breathe.

A panic attack is brutal and debilitating. For relief I began taking prescription drugs, but unfortunately, they were addictive.