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Escapism: Leave Your Fantasy World And Live In Reality ...

Anxiety can also cause distorted reality as a symptom, and that symptom may be so severe that some worry they are

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losing touch with the world. In the end, it's often simply anxiety. All Anxiety is Distorted Reality. Anxiety disorders all produce their own distorted reality, both as a symptom and as a function of what anxiety really is.

How Anxiety Can Cause Distorted Reality

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20- Reality is nothing but a collective hunch. – Lily Tomlin. 21- Since we cannot change reality, let us change the eyes which see reality. – Nikos Kazantzakis. 22- Either you deal with what is the reality, or you can be sure that the reality is going to deal with you. – Alex Haley

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Living In A Base Reality — Are We In A Simulation? | by ...

The only way to live a stable, healthy, and fruitful life, is to live in reality. There

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are many ways by which we could live in fantasies and illusions that will set us up for certain disappointment and maybe worse. The fantasy that we are able to have or control whatever we wish is one. The illusion that we are entirely helpless is another.

Living in Reality | THE BROOK

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