

**EXTRA-DIMENSIONAL**

**ANXIETY**



**AND YOU**

# WHAT IS EXTRA-DIMENSIONAL ANXIETY?

Extra-Dimensional Anxiety (EDA) is the term used for two types of stress conditions stemming from the catastrophe of November 2, 1985 and its continuing fallout. The first is a general fear of dimensional incursion events, or *exoteuthiphobia*. The second is a special class of Posttraumatic Stress Disorder (PTSD) related to close encounters with Exotic Cephalopodian Entities (ECEs). There is no known cure for EDA, but the symptoms can be managed with counseling and psychotherapy.

## COMMON SYMPTOMS

### FLASHBACKS AND OBSESSIVE RUMINATION

Memories of your ECE trauma can come back at any time or be evoked by reminders of them. You may suffer from confusion and night terrors. Many with EDA simply can't stop thinking or reflecting on their ECE trauma and feel as if they are forever stuck in the moment.

### HYPERAVOIDANCE AND HYPERVIGILANCE

You may go to extreme lengths to distance yourself from people, places or things related to your ECE trauma. Conversely, you may find yourself becoming agoraphobic and prone to over-spending on ECE protection technologies.

### NEGATIVE CHANGES IN IDENTITY, RELATIONSHIPS, OR WORLDVIEW

The way you conceive of yourself or others has been transformed by your ECE trauma. You may have difficulty accessing your emotions or trusting others. Those who suffer from EDA often find it challenging to find solace in religion or government.

### PARANOIA, THRILL-SEEKING, SUICIDAL THOUGHTS

You might believe that psychic operators are manipulating your thoughts. You may always be on the lookout for danger or court it. You could be quick to reactionary postures such as fight or flight. It's not uncommon to feel hopeless and succumb to despair.

# COMMON MISPERCEPTIONS

## EDA ISN'T REAL.

Over the years, some have expressed doubt about the validity of EDA due to controversies about the nature of PTSD in general. Evolving explanations and conspiracy theories about the Dimensional Incursion Event have also complicated the understanding of EDA or stigmatized it. What remains undeniable is that millions of people around the world were mentally injured to varying degrees by the certifiable psychic shockwave unleashed on November 2, 1985. And with ECE showers still occurring 25.4 times a year on average (*2007 Department of Extra-Dimensional Affairs Report*), the American Psychiatric Association continues to recognize EDA as a legitimate psychological malady.

## EDA ISN'T COMMON.

While it's true that fewer people have been diagnosed with special class EDA in recent years, the Veidt Institute for Extra-Dimensional Studies estimates that more than 50 million people globally continue to suffer from generalized EDA. In fact, in Russia and China, which have seen a disproportionate number of ECE showers since 2001, EDA has been on the rise.

## EDA ISN'T AS SERIOUS AS IT USED TO BE.

If anything, EDA has become more complex and difficult to treat. Recent Veidt Institute research has found that people suffering from EDA have begun experiencing more pronounced and eclectic symptoms, often in response to changing cultural attitudes about ECEs. If people doubt your EDA – or if you see people who once suffered from EDA finding ways to move on from it – you might find yourself feeling more hopeless and experiencing different or more severe symptoms.

# COUNSELING/ PSYCHOTHERAPY

## COGNITIVE PROCESSING THERAPY (CPT)

CPT teaches you how to identify EDA-related thoughts and change them so they are more accurate and cause less stress.

## PROLONGED GROUP AND EXPOSURE THERAPY (PGE)

In PGE, you meet with others suffering from EDA and talk about your condition as a means of being known, relieving stress, and experiencing comfort. You may also revisit safe places related to your ECE trauma for the purposes of building greater stamina for managing our EDA stress.

## STRESS INOCULATION TRAINING (SIT)

SIT teaches patients a set of skills they can use to manage their EDA. These skills might include relaxation, thought stopping, positive self-talk, and meditation.

## EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR)

EMDR involves thinking about EDA-related images and feelings that distress you while doing rapid eye movements.

## PET THERAPY (PT)

PT encourages you to adopt an animal, such as a dog or a cat (natural or genetically engineered), and care for it as a way to take your mind off your trauma, develop your relational skills, and re-engage life.

*Ask your psychiatrist or therapist what treatment is right for you.*