



People with Anxiety Disorders are Hiding these 5 Superpowers

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Anxiety can feel as if it does nothing but damage; however, that's not always the case. Depending on how you look at it, anxiety can come with some "superpowers". If you have anxiety, try looking at the good aspects rather than the bad. With anxiety comes a heightened sense of perception. Do you have these superpowers?

1. Ability to sense the energy of others. You can tell whether or not someone has a positive or negative vibration. Negative people make you uncomfortable while positive people are easier to be around. Normal people often can't tell when someone is negative.
2. Increased empathy. People with anxiety are more concerned with the feelings of others. They have a heightened sense of empathy most people don't understand. People who deal with anxiety can also detect emotions better than others. Empathy is important; you have enough to make a difference in the lives of people you might not even know.
3. Life-saving instinct. Anxiety can be a survival mechanism that makes someone more aware of what's going on around them: that feeling you get when you're walking alone outside or when something bad is about to happen. A study published in the European Journal of Psychology found that people with high levels of anxiety detect and respond to danger more quickly.
4. Higher IQ. Researchers from SUNY Downstate Medical Centre in NY found people with anxiety are smarter. No surprise there, considering how they tend to over-analyze. They know every possible outcome to just about every single situation and then some.
5. Ability to see through lies. People with anxiety are very cautious, usually see through lies immediately, and are braver than they seem. When someone says something that doesn't quite make sense or match up, it takes them a minute to screw up their courage, but they're the ones who point it out.

People with anxiety are capable of achieving great things. Despite being overly anxious and overthinking things, their anxiety also keeps them prepared for just about anything. They're some of the strongest people you'll ever come across.