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What do we mean by

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Most of us have at

some time had worries

about what other

people might do to us

or think of us. Who

hasn't thought of the

possible consequences

of walking along a

deserted street late at

night, for instance?

What do we mean by

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How To Stop Paranoid Thoughts. Here I've covered the six most effective ways to eliminate your paranoia. A holistic approach will be the most useful, and tracking your feelings of paranoia either with a journal or a therapist will help you see the progress you're making.

How to Stop Being

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Stress can be a major contributor to paranoid thoughts and feelings, which is why it is important to destress.

If you're starting to become suspicious, take a moment and practice relaxation.

When you feel paranoid or suspicious, your body can respond in an alert manner similar to fear. This can be exhausting.

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Extreme paranoia is usually the result of a mental health condition. But most of us have a bit of unfounded worry from time to time. Learn more about paranoia symptoms, causes, and

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Suspicious

**Paranoia:
Symptoms, Causes,
and Treatments**

Mild to moderate
paranoia, or mistrust of
other people, is on the
increase, and although
it may feel justifiable at
the time, unfounded
suspicions of this kind
can make life a misery.
Research says between
20 and 30 per cent of
people in the UK
frequently have

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suspicious or paranoid thoughts.

**Overcoming
Paranoid &
Suspicious Thoughts
by Daniel Freeman**

In our self-help book on overcoming paranoid and suspicious thoughts (Reference Freeman, Freeman and Garety Freeman et al, 2006), intervention for paranoid thoughts is crystallised into six key steps.

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**Helping patients
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Paranoid and suspicious thoughts are a significant clinical topic. They regularly occur in 10-15% of the general population, and persecutory delusions are a frequent symptom of psychosis.

Helping patients

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with one or more of
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don't have to fight
alone. While there are
no miracle cures for
paranoia and fallacy
disorders, medication
and therapy can
significantly reduce the

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