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ANXIETY

One of the first things you realize when you have anxiety is that anxiety itself is not nearly as simple as the nervousness you experience before a test. Anxiety is a complete disorder, with physical and mental symptoms so severe, that they mimic far more serious disorders.

Auditory hallucinations are an example of just such a symptom. While anxiety doesn't cause these hallucinations on the same level as schizophrenia, it can cause what's known as "simple" auditory hallucinations that some people find extremely frightening.



## Auditory Hallucinations = Anxiety?

Any type of hallucination deserves a doctor's visit, to rule out more scary disorders. But you may be suffering from a serious anxiety problem instead. Take my anxiety test to find out more about what symptoms are related to your anxiety.

[Start the test here.](#)

## What Are Simple Auditory Hallucinations?

An auditory hallucination is anything you hear that isn't actually there. For those with severe schizophrenia, you may be hearing voices that are so real you may convince yourself that a special voice is talking to you. For those with anxiety, it tends to not be that severe.

The best way to learn more about these types of anxiety symptoms is with my [anxiety test](#), so take it right now if you haven't yet. In general, anxiety doesn't cause you to hear a steady flow of voices. Instead, common types of auditory hallucinations include:

- Beeping
- High pitched noise
- Random noise
- Pop
- Unclear Noise

The reason they're called "simple" is because the noise itself doesn't have a meaning or clear purpose like hearing voices does. Generally, it's simply a noise like any other.

Anxiety is more complex than this, however, and for some people it may cause what is perceived as more complex auditory hallucinations - like hearing voices.

## Anxiety Hallucinations Are Different

The difference is that for someone with anxiety, the person isn't hallucinating voices per se. Rather, they're constantly on edge and attentive to everything around them, but also distracted by their

own anxiety to the point where they struggle to focus. This causes them to hear some type of noise while distracted, and then immediately think they've heard voices because their brain translates the sound into a voice. The brain is unable to process the noise correctly, giving the impression that you heard a voice when you didn't.

Another issue may be rapid thinking. Rapid thinking can in some ways cause the mind to daydream. Because the thoughts occur so quickly, one thought may be hearing a noise or zoning out to the idea of someone saying something, and suddenly it may feel like you heard it. This is less common but can happen to those with severe panic attacks.

Finally, it's simply not uncommon in life to mishear something. Before you had anxiety, you probably remember saying to your friends "did you say something?" or "did you hear that?" and thought nothing else of it. Anxiety has a tendency to cause people to fear the worst, even when they're suffering from things that are completely normal.

## **How to Tell Your Auditory Hallucinations Are Not More Serious**

The question on everyone's mind is how to tell your hallucinations are not a sign of you going crazy. The first thing to realize is that your ability to ask yourself that question is a strong indicator. Those that hallucinate because of more serious mental illness lose touch with reality, and often have little to no idea that their hallucinations are hallucinations at all.

Only a psychologist can truly diagnose your hallucinations. Those that have serious concerns should contact one immediately. But rest assured if you have other anxiety symptoms and your auditory hallucinations are something you notice as out of the ordinary, there is a strong chance you simply have anxiety.

## **Preventing Auditory Hallucinations**

Simple auditory hallucinations do not have a clear cause, other than the way that your body is responding to significant stress. While some anxiety symptoms can be addressed individually, auditory hallucinations can only be prevented by reducing the severity of that stress and anxiety.

Take my free 7 minute anxiety test to learn more. You'll quickly fill out your symptoms and be

provided with information about how your anxiety compares to others and what you can do to treat it.

[Start the test now.](#)

**SEARCH**

# Join our anxiety busting newsletter

Signup below to a regular email with practical advice on how to beat anxiety, reduce symptoms, tips for daily life and so much more!

*We will never share your email with any third parties.*

**FIND MORE ABOUT SYMPTOMS**

## How Anxiety Can Create Aches and Pains



Aches and pains are a common part of anxiety. While anxiety may be categorized as a mental health condition, anxiety symptoms tend to be very real and very physical - so physical that.

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## **Anxiety Affirmations: Do They Work?**



While it may sound like bologna at times, positive thinking really does play a significant role in dealing with anxiety, and challenging your negative thoughts has the potential to provide your mind.

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## **Why Do People Bite Lips When They're Anxious?**



Many people bite their lip when they have anxiety. It's extremely common, and occurs not only with anxiety disorders, but also with nervous flirting, nervous tension, and simply a feeling of.

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## **How to Stop Muscle Aches From Anxiety**



Muscle aches are one of the most well-known symptoms of anxiety and stress. It often seems that after any extended period of time under stress, the body tenses up and your.

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## **How Anxiety Causes Irrational Thoughts**



Negative thinking is the cornerstone of an anxiety disorder. Many people with anxiety have severe problems with anxious and irrational thinking - thoughts that many know are irrational, and yet they struggle to.

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**Need help with anxiety?**

Then take our scientifically based anxiety test - completely free (takes no more than 7 minutes). After completing it, you will find out whether your anxiety is within "normal range," which parts are out of balance and, most importantly, how to proceed with beating your symptoms. It is made specifically for anxiety sufferers, please make use of it.

**START YOUR TEST** 

## Frequently asked questions

### What do I do next?

We really suggest people take our anxiety test - it provides a breakdown of how your particular anxiety manifests itself.

### I have a question about anxiety or mental health - can you answer it?

Please don't send us questions about your specific mental health issues. They should really be answered by a professional who knows your history.

We are a small team, and it is simply impossible for us to handle the volume of people who need their questions answered. Our anxiety test was created exactly for that purpose - so that people can work on their mental health problems themselves. Please make use of it.

### I have an editorial comment or found a mistake.

Great! Please use our contact form and our editor will receive it. We really appreciate such comments because it allows us to improve the quality of information provided on this website. We appreciate any ideas including article suggestions, how to improve user experience and so on.





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Anxiety Test

Anxiety is something that you live with every day. Stop living with anxiety. Learn to cure it with my free **7 minute anxiety test**. Fill out your symptoms and receive information on effective treatments.

START TEST

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