

Better Understanding of Anxiety Disorder

I came to the United States in June of 2001. I became a citizen of the United States in August of 2006. I started the process of bringing my family to the United States on September 23rd, 2006.

The typical day I would map out in my life is July 23rd, 2007. On this day at around 12:15am after I came back home from work I had an envelope laying on my bed. I rushed to open the envelope and it was a letter of denial from the United States Office of Immigration. The form was denied because a registered marriage certificate was not submitted on time.

The three potential stresses that came to my mind and experienced that day in this process were: First, dropped classes at Bellevue University and had to work three jobs such that I never had a day off to rest. Second, it was very stressful to be away from my family for three years. Thirdly, I was financially unstable and unable to afford all the services needed to complete the process. It was a very stressful time. My wife was living separated from her husband to protect the family, the father of her children assisted in rearing the girls, my wife had financial hardships, and unfilled basic needs. All these things were stressful and to add to this was loneliness.

Even though, I went through all these things I did not lose hope. I had to fill out another application on August 27th, 2007. The immigration specialist working on my case decided to file another form. Each separate application cost me \$870 for three forms excluding airfare tickets. This was a very desperate moment. I ended up working three jobs. When I filed the second application I thought it will go missing since the first files were lost. The immigration office requested a letter from someone in Kenya saying that my wife and children's life were in

jeopardy. They need a reason to ask for expedited processing. Unfortunately, I did not find anyone to write the letter.

I chose to talk about Generalized Anxiety because its symptoms are complex and notable. People suffering from this disorder are worried about all aspects of their lives. Most importantly, they are worried about their lives, future, incomes, and families and they even mind about how the world goes. These worries can affect their ability to realize or think about what they want to achieve. In regard to my situation, this disorder almost impaired my hope. All I went through were desperately discouraging, but I did not feel discouraged. I think this disorder would change and impair my life by losing my temper and treating people rudely, or feeling overwhelmed by frustration.

Ultimately, it has been claimed that immigrants to the United States experience a higher incidence of depressive warning signs. These signs may be attributed to a high degree of stress as a result of their immigrant status and the immigration process. I would stay positive in my thinking. I would always take a deep breath. It can help provide me with the calmness I need. The forms are complex and the process takes time. In the meantime, my friends are fretting about the status of their applications while also taking part in the usual round of work and home responsibilities. It has all made me think how important it is to reduce stress in our lives. I would say to all my friends who are filling out forms to bring their families here to the United States: the immigration processes take patience, not only determination.