

This paper deals with some of the most common disorders of psychology, anxiety disorders, which are selected from a sample of generalized anxiety disorder, affecting the patient's long-term and in a systematic way, and panic disorder which is coming suddenly and unexpectedly. The aim of this work is to look at these disorders from many different angles, especially from a personal perspective and from the perspective of psychology and biblical counseling, and describe how and why these failures occur, who may be at risk and how do anxiety disorders or attacks pass off. The chapter on setting boundaries between the problem and the standard outlines the boundary between mental health and illness so that it can be based on existing knowledge gained from the literature to determine what anxiety disorders really are and how these disorders can be understood. Since any psychotherapy has its advantages and disadvantages, and currently there are more directions than it is possible to describe in this paper; it is focused on three of them, i) the Freud's psychoanalysis, ii) new-psychoanalysis derived from Freud's psychoanalysis, which theory about the origin of neuroses is described using a chart in the annex, and iii) cognitive-behavioral therapy. The work continues by a chapter of pastoral perspective on anxiety disorders and the possibility of their recovery, charts for a better view of pastoral approaches are also attached to this chapter. At the end of the paper there are described cases of anxiety disorders for several clients. Feelings of anxiety patients are expressed by drawings annexed to this work, these drawings express the emotions that a child or adult feel as uncomfortable or threatening.