



Fear and Anxiety

and Their Relation to Cyber Blackmail



Psychological Effects of Blackmail



- **Feelings of Fear and Stress:**

A constant sense of insecurity and anxiety about the future.



- **Humiliation and Depression:**

Feelings of isolation or loss of emotional support.



- **Loss of Self-Confidence:**

A decline in self-worth and the ability to cope.



- **Inability to Face Complex Situations:**

Difficulty making decisions or handling daily pressures.



Recovery After Blackmail



- **Talk about your experience with a trusted person.**



- **Engage in enjoyable activities and hobbies.**



- **Focus on positive thoughts.**



- **Participate in charitable work to boost self-esteem and personal fulfillment.**