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Generalized Anxiety Disorder, also known as, GAD, is a disorder in which a person worries too much, generally for multiple things, and usually this starts developing in the adolescent stage. As the years pass, change of scenery, and economic instability all play a role in this disorder. There are many important key points to look for in a person that may be a potential candidate for this Generalized Anxiety disorder. One being, sleep deprived, another, excessive worrying, and anxiety on high. In order to qualify as a person with Generalized Anxiety Disorder, you have to have had it for at least six months or more. Also, if you have poor concentration, fatigue, and uncontrollable ongoing anxiety. In the case study, 25 year old Tomas, had difficulty sleeping for months, his anxiety kept getting worst by the day, and his worries were piling up, one after another, to the point where he had to get help from someone. He was diagnosed with generalized anxiety disorder because of all these things combined.