



FIGURE 8-4

One Way Valium Might Reduce Fear and Anxiety.

Valium and some other antianxiety drugs act by increasing the ability of inhibitory neurons to prevent excitatory transmission. When we are under the influence of Valium, external emotional stimuli (as well as thoughts) are less capable of producing emotional responses, in part (perhaps) because of an action on GABA inhibitory neurons in the amygdala.