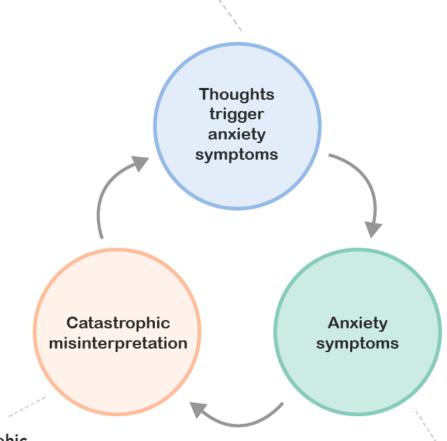
Catastrophic misinterpretation



www.mindwell-leeds.org.uk

Fearful thoughts

I am going to faint in the supermarket in front of all these people.



Catastrophic misinterpretation

I'm feeling dizzy, hot and light-headed. I really am going to faint.

Anxiety symptoms

Fast beating heart, dizziness, light-headedness, dry throat, hot flushes, sweaty, wobbly and shaking, breathing much faster.