

Vicious Cycle of panic - safety behaviours (with example)

Situation (trigger)

Fearful thoughts

Being in crowded places like the supermarket or bus. I think I am going to faint.

Situation

Physical sensations

Dizziness, racing heart, breathing fast, hot, sweaty.

Physical sensations

Feelings/emotions get worse

Frightened, very anxious.

Feelings / emotions

Thoughts

Catastrophic misinterpretation of physical sensations

I feel dizzy I must be going to faint.

Thoughts

Safety behaviours

Things we do reduce discomfort and anxiety. Unfortunately they can increase the belief that certain situations are dangerous and stop you testing out your fears.

- Only go to supermarket late at night.
- Carry water bottle and stress remedy around at all times.
- Only travel on the bus with a friend.

Fear gets worse

