

Vicious Cycle of panic - catastrophic misinterpretation (with example)



Fearful thoughts

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



Anxiety symptoms

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

Catastrophic misinterpretation

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

