

# Vicious Cycle of panic - safety behaviours (blank)



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**Situation (trigger)**  
Fearful thoughts

**Physical sensations**

**Feelings/emotions get worse**

**Thoughts**

Catastrophic misinterpretation of physical sensations

**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.

**Fear gets worse**

