

**TRIGGER**  
(shock, increase in arousal, fearful situation)

Palpitations, sweating, dizziness, over-breathing

**RESPONSE**  
- run away, make excuses and leave situation. Not complete

“Oh no, I’m having a panic attack”  
“Oh God, I’ll make a fool of myself”  
“I must get out of here”  
“What’s wrong with me”

Feelings subside, sense of relief, safe

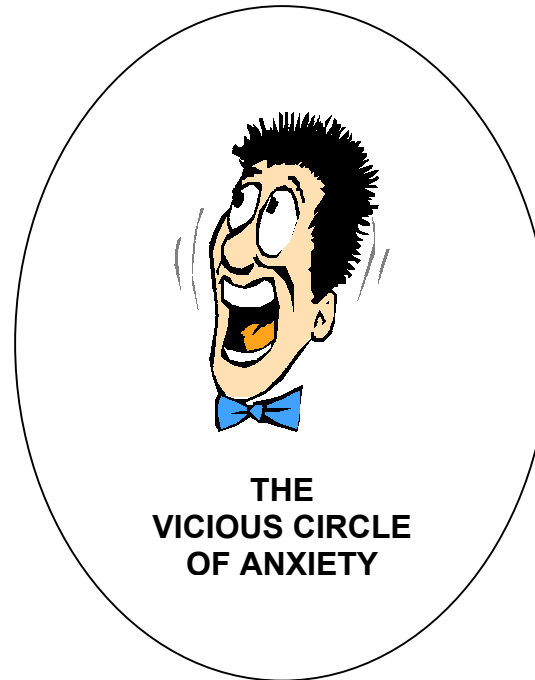
**BELIEF**  
Situation causes the panic  
I can’t deal with it  
If I leave or avoid it, I won’t feel this way, “I’m ill, there’s something wrong with me”

Worry, body tense, Feeling stressed, lacking in Confidence, pre-occupation with performance.

**ANTICIPATORY ANXIETY**  
I’m going to panic again  
Fearing the worst  
Focussing on past failures

Worry about trying again?

Self confidence falls, feel foolish a failure, belief in ability to cope diminishes



**THE VICIOUS CIRCLE OF ANXIETY**