

Anxiety cycle

Trigger...
shock, fear,
arousal

Palpitations
sweating,
dizzy,
panic, fear,
dry mouth

Response
...run away,
excuses,
leave
situation

Feel
relieved &
safe

Belief...
panic, I
can't cope,
I'm ill

Feel foolish,
failure, low
confidence

Worry
about
trying again

Anticipation
anxiety...
Fear the
worst
focus on
past

Worry,
tension,
stress, low
confidence,
anxiety

