

# FEAR AND AVOIDANCE

## THE CYCLE

### **1. Anxiety in any form**

Anxiety is either triggered (in reaction to an event or a thought/idea or a sensation) or non-triggered ("out of the blue")



### **2. Feared Consequences**

Specific feared or dreaded consequences or thoughts about the situation: "I will lose control", "I am having a heart attack", "The people don't like me", "I am stupid and made a fool of myself", etc.



### **3. Anticipatory Anxiety**

Thinking about situations ahead of time where consequences could occur and then imagining the worst



### **4. Actual Avoidance**

Either overtly avoiding the situation or sensation or subtly avoiding the situation or sensation by using safety behaviors



### **5. Reinforcement of Fear**

The whole cycle is now more likely to continue and self-perpetuate

