

Cycle of Anxiety

Triggering Situations (Triggers)	Sensory (visual cues, tactile cues, urges, etc.), Cognitive (beliefs, thoughts, ideas), Emotional (aversive emotions, physiological states), Place or environmental (locations, times, activities, people, etc.)
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Distorted Beliefs (Worries/ Obsessions)	
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Emotional Response (Feelings)	
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Avoidant Coping (Avoidance/ Compulsions/ Safety Behaviors)	
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Short-Term Outcome	
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Long-Term Outcome	
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