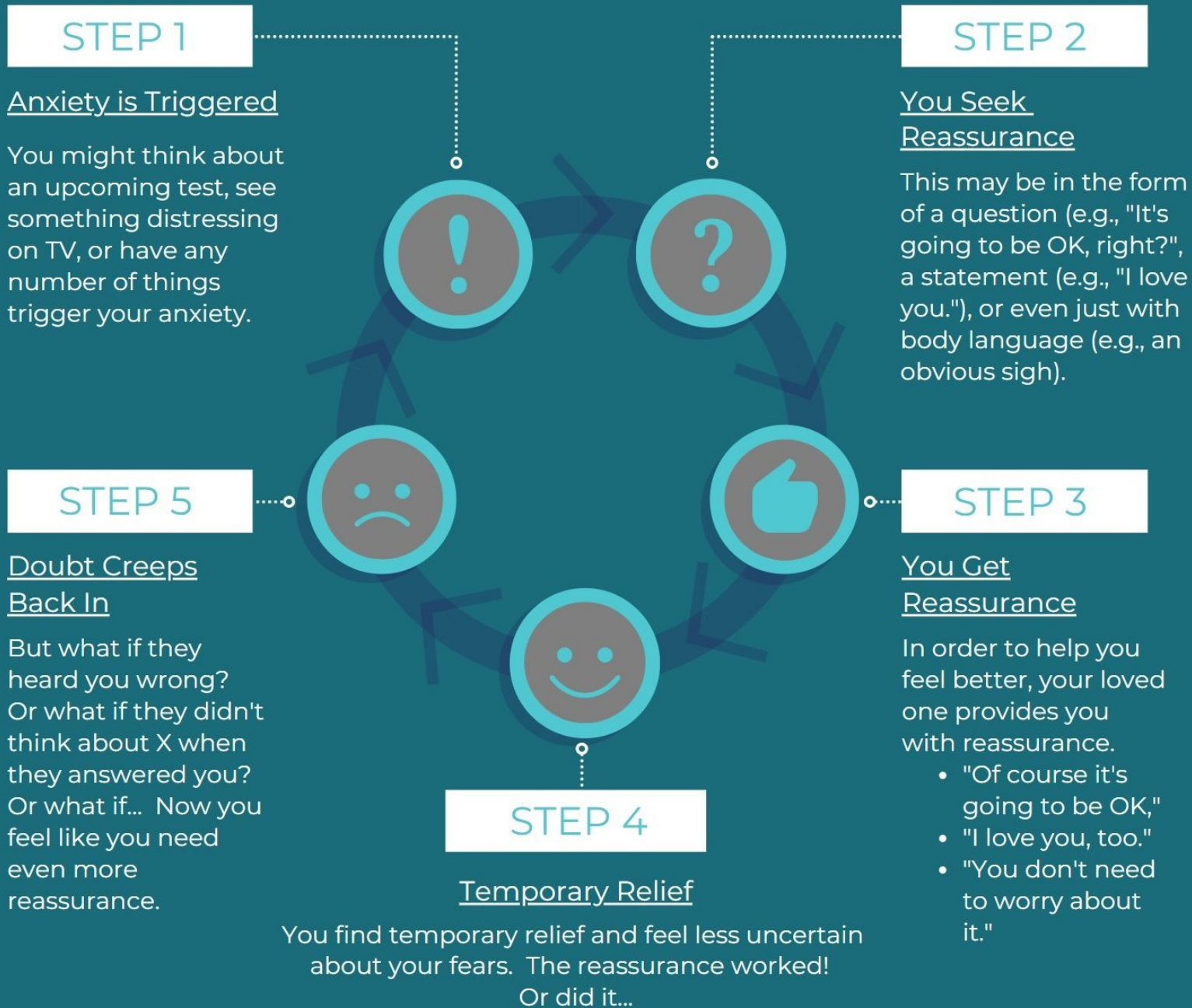


The Cycle of Reassurance and Anxiety

While getting reassurance may seem helpful, reassurance may actually make things worse! Check out the 5 steps of the cycle of reassurance and how it can actually make your anxiety worse.



Read the full blog post at: dauntlesscounseling.com/how-reassurance-seeking-hurts