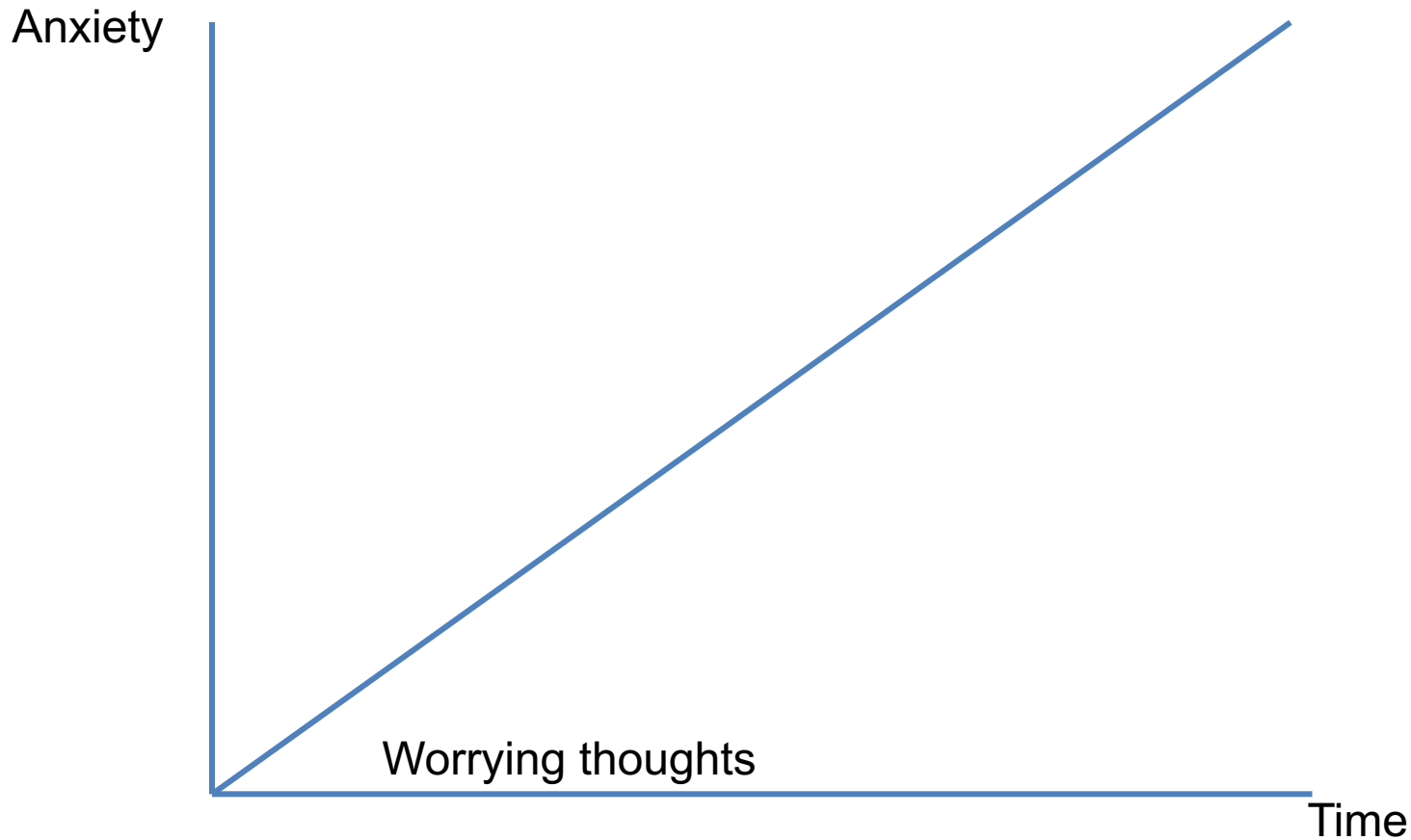


ANXIETY AND PANIC

William J Phillips

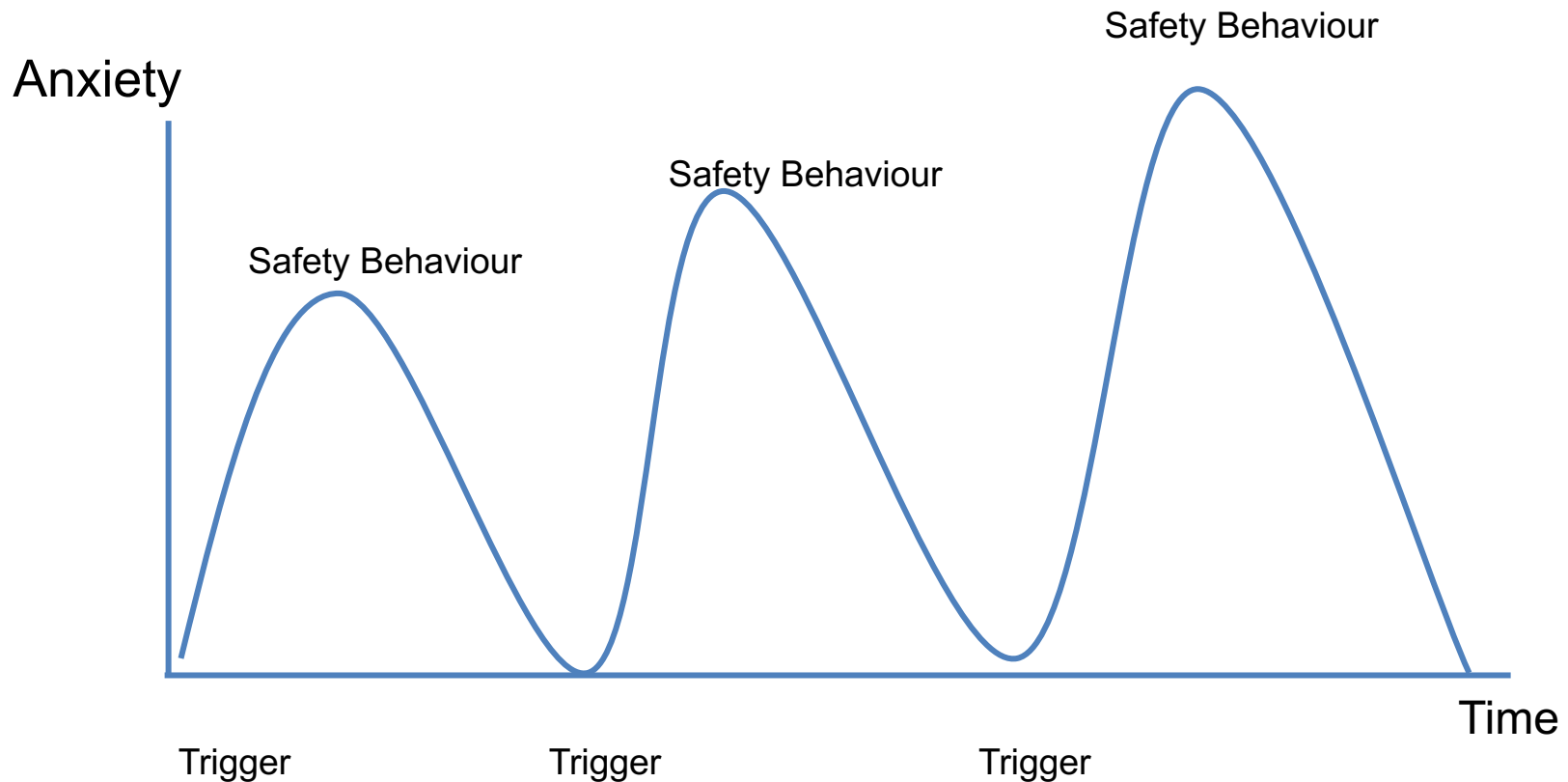
Assumptions About Anxiety

My anxiety will go up for ever if I don't do something to stop it. It will cause me harm. I will lose control. I will go mad, collapse or even die!



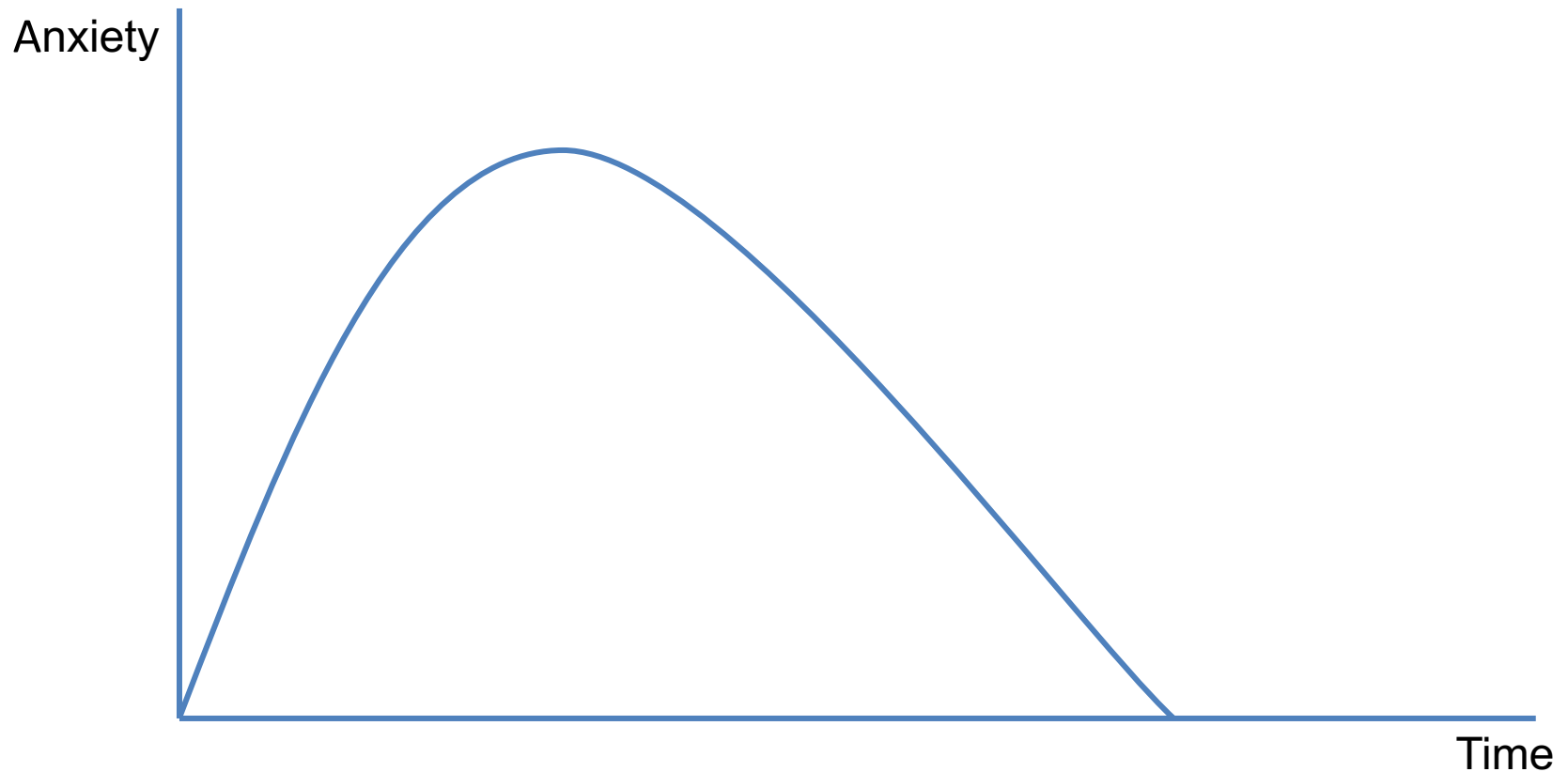
The Anxiety Cycle

Anxiety and safety behaviours form a self-repeating cycle. Although we use safety behaviours to help overcome the anxiety sensations in the moment, they serve to reinforce the “Catastrophic” beliefs that keep anxiety going. The problem is, that we need to use more safety behaviours to gain the same level of relief or reassurance as the anxiety problem gradually increases or expands into other areas of our life.



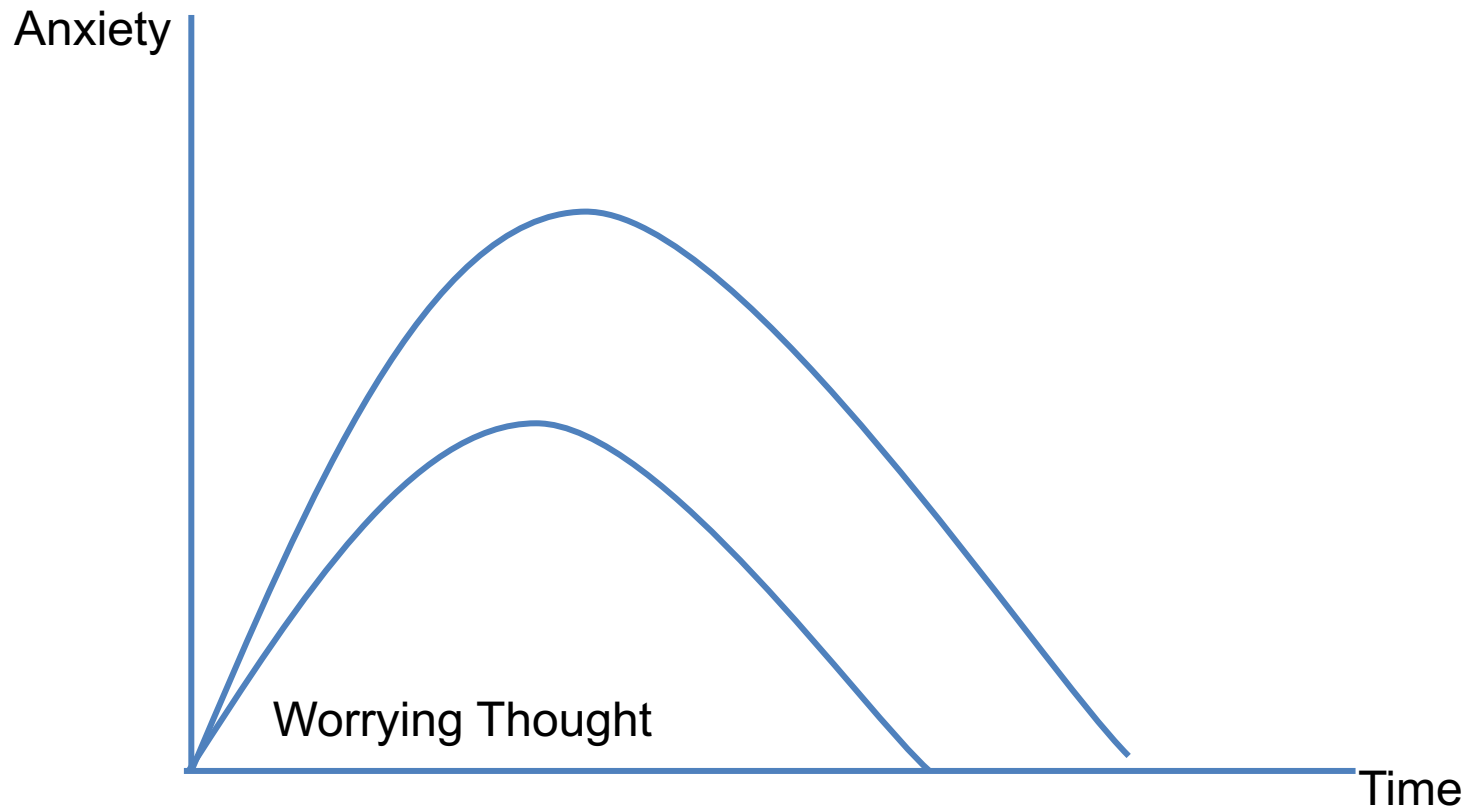
What We Know About Anxiety

Although it feels difficult and distressing, we gradually suspend our safety behaviours. We realise that nothing bad actually happens. We learn to tolerate the sensations and cope. The anxiety reduces.



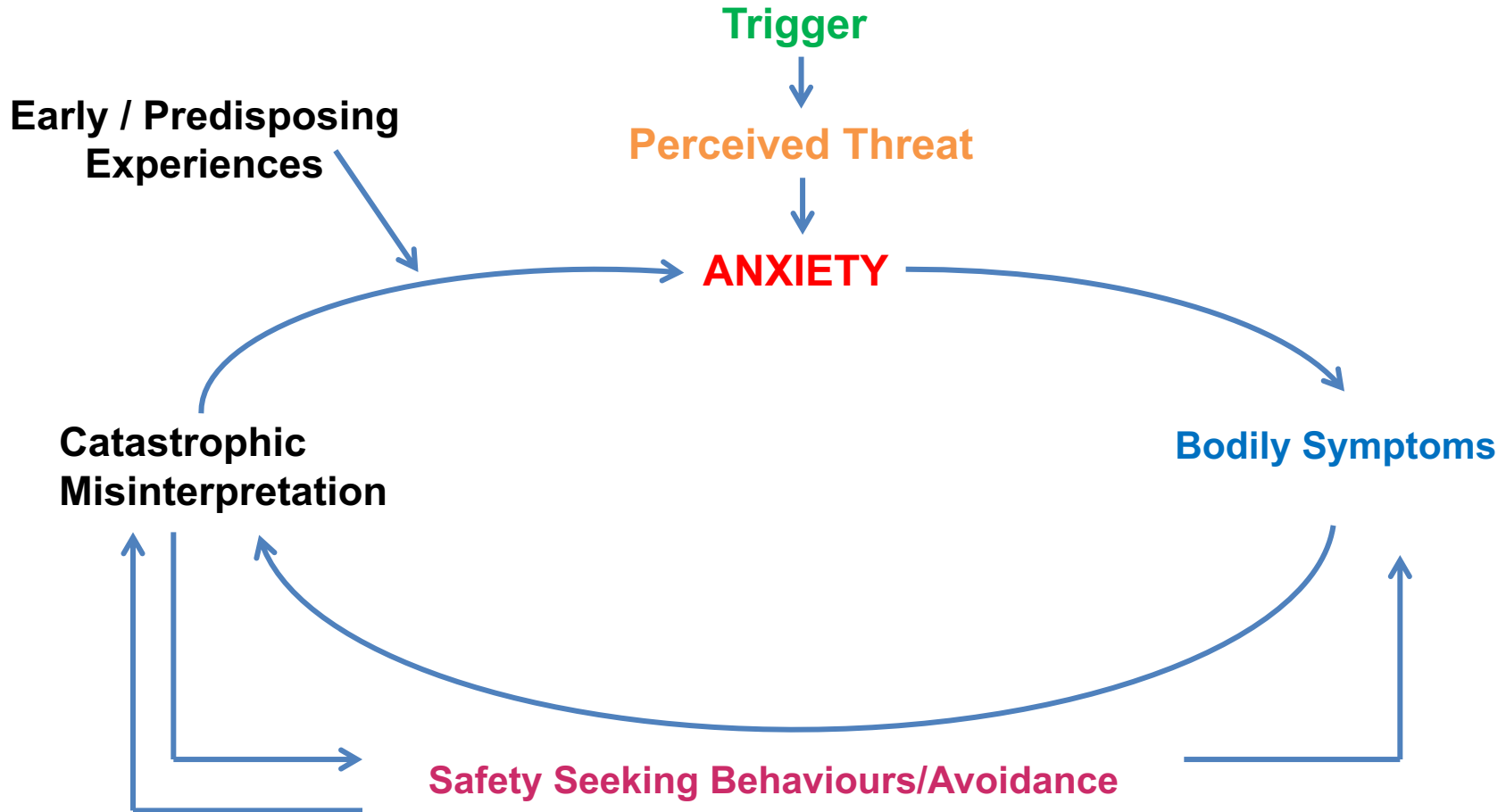
What Happens Over Time?

Learning to cope with the anxiety sensations, causes the anxiety to Habituate. Anxiety tolerance improves and anxiety reduces in line with the perceived threat.



Panic Conceptualisation

Clark's Cognitive Model of Panic (1986) with longitudinal / maintenance cycles added



Panic Conceptualisation

Clark's Cognitive Model of Panic (1986) with maintenance cycles added

