Thoughts/Beliefs

- * Something bad will happen
- * I will not be okay * People will not help me

Consequences

Trigger Event

- * Thoughts are not challenged * Beliefs are reinforced
- * Cycle is maintained

Physical Sensations

- * Elevated heart rate
- * Shallow breathing * Nausea

Safety behaviours

- * Avoid situations
- * Seek reassurance
- * Strive for perfection