

Anxiety

Actions

Run away
Avoidance of the
situation
Fidget
Escape

Body sensations

Tense
Fast heartbeat
Hot and sweaty
Fast breathing
Tight chest
Feel sick

Thoughts

I can't cope!
What if?
I'm in danger!
Something terrible is going to happen!

Urge to escape
or hide

Adrenaline
response



Emotions And Anxiety

AN Whitehead



Emotions And Anxiety:

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