

# THE CYCLE OF ANXIETY



## ANXIETY

You think something is scary. You start to worry, sweat, etc.



## AVOIDANCE

You avoid the thing that causes anxiety.



## SHORT-TERM RELIEF

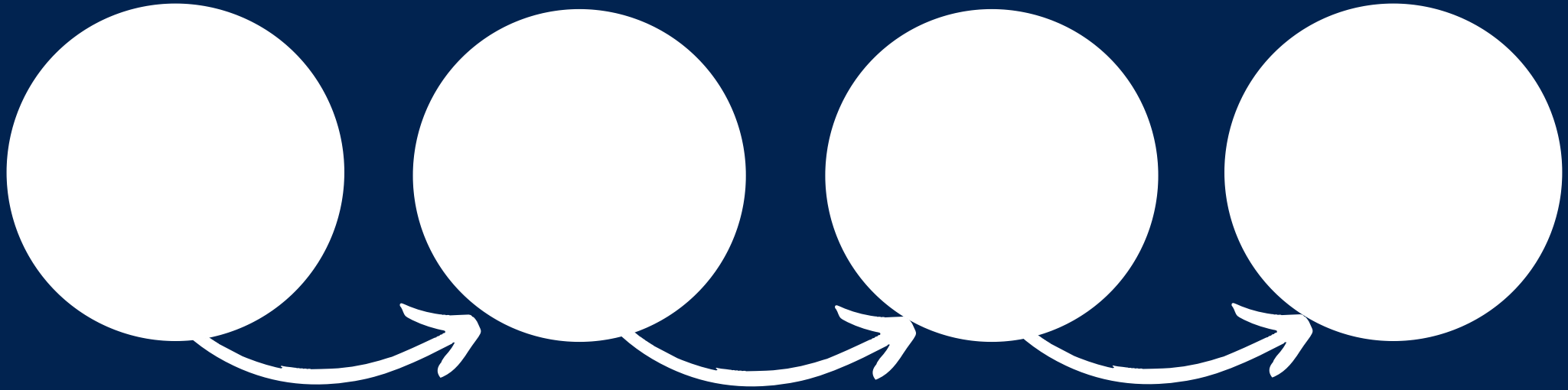
When you avoid the thing that scares you, you feel relieved.



## ANXIETY GROWS

You trained your body that avoiding scary things makes you feel better.

# WHEN ANXIETY IS THE BOSS



# WHEN YOU ARE THE BOSS

