

Vicious Cycle of Anxiety (job interview)

What I am thinking

I am no good at interviews. I really want this job but I don't think I'll get it. I am going to sound really nervous and I am worried I'll forget what to say. I feel terrible and it's going to be obvious.

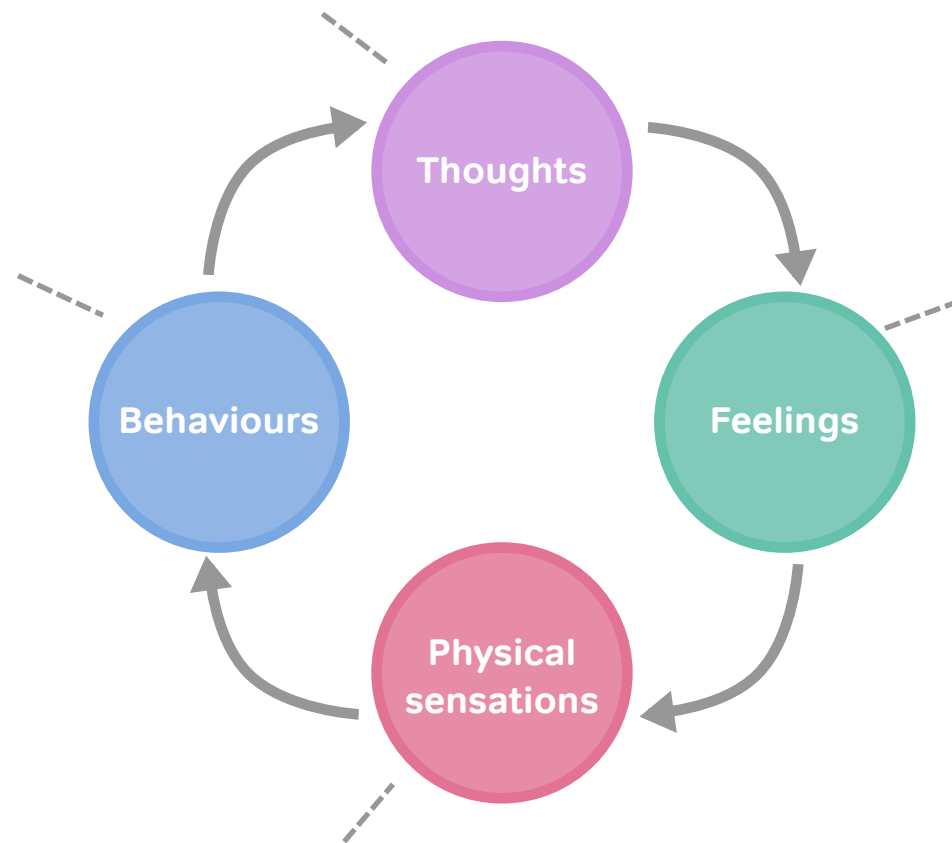
What I am doing

- Stutter, forget words, blush.
- Hold onto a water bottle throughout interview.
- Avoid eye contact.

Start to worry more about how will behave in future situations → anxiety continues to grow.

Next time invited to an interview thoughts are more negative and consider avoiding the situation by calling in sick.

How we behave reinforces thoughts and feelings → so the cycle continues.



What I am feeling

Feeling very scared and anxious.

How my body reacts

Dry throat, heart pounding, butterflies in stomach, dizzy, shallow breathing, sweating, can't concentrate.