

# Vicious Cycle of Anxiety

Situation:

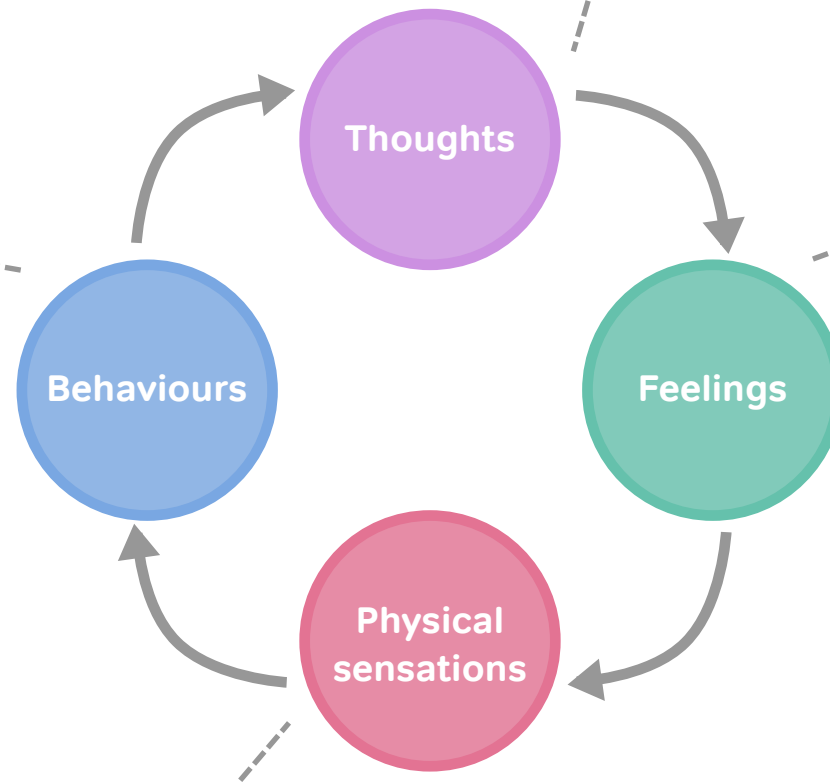
What I am thinking



[www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)

What I am doing

Feelings create behaviours →



What I am feeling

Thoughts create feelings →

How my body reacts

Thoughts and feelings trigger a physical response →