**SAFETY BEHAVIOURS**Controlling breathing or other physical symptoms. Avoiding certain places, crowds, foods, or situations. Using medication, alcohol or other drugs. Carrying water, mobiles, etc. Checking for escape routes, toilets, etc.

**PHYSICAL/COGNITIVE SYMPTOMS**Heart racing, breathing, muscles, belly, perceptual changes, mid racing, etc.

**MISINTERPRETATION OF SYMPTOMS**What are these symptoms? What do they mean is happening?

**PERCEIVED THREAT**What might the trigger mean will happen?

**ANXIETY**

**INTERNAL**Body sensations, physical process, memories, mood states, etc.

**EXTERNAL**Places, people, weather, context, etc.

**TRIGGERS**