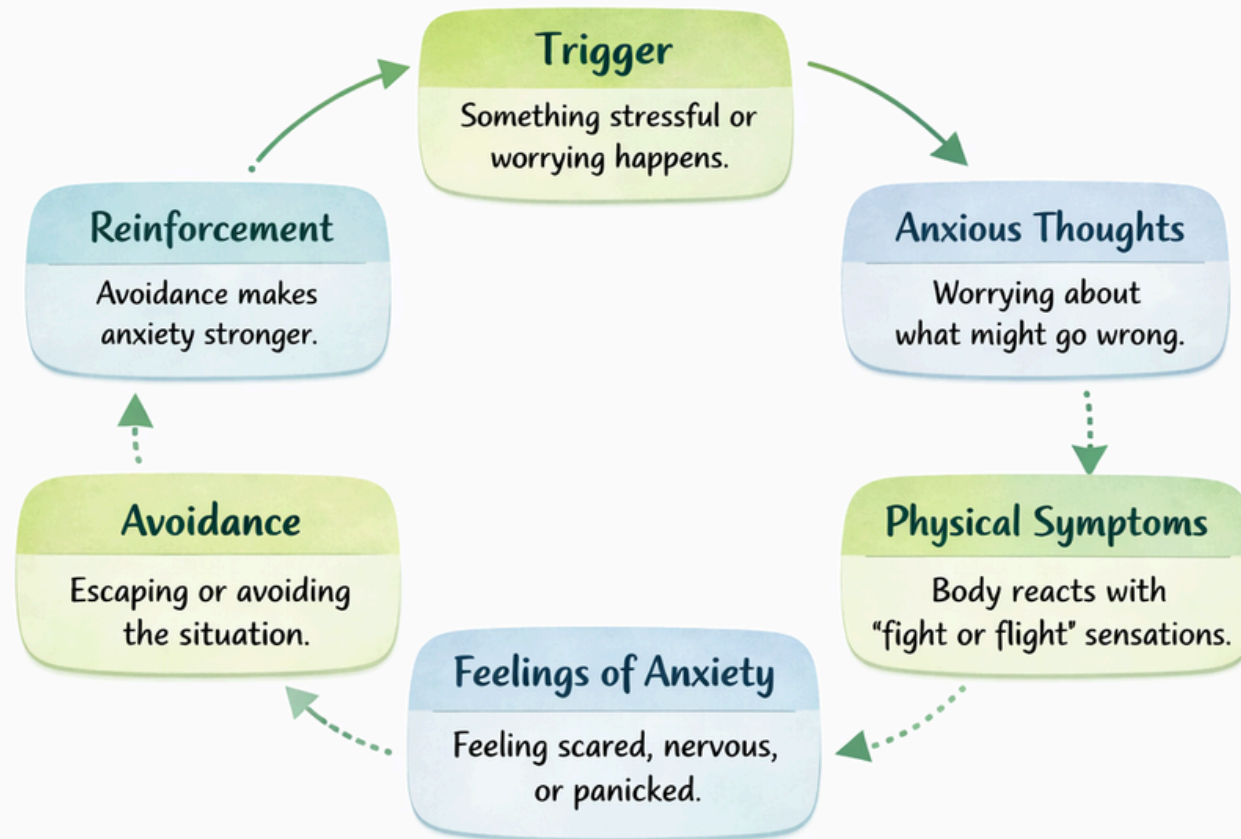


# The Anxiety Cycle



The anxiety cycle shows how avoiding anxiety-provoking - situations reinforces and strengthens anxiety over time.