Trigger... shock, fear, arousal



Palpitations sweating, dizzy, panic, fear, dry mouth



Response

...run away, excuses, leave situation



Worry, tension, stress, low confidence, anxiety



Anticipation anxiety... Fear the worst focus on past



Anxiety cycle



Feel relieved & safe



Worry about trying again



Feel foolish, failure, low confidence



Belief... panic, I can't cope, I'm ill