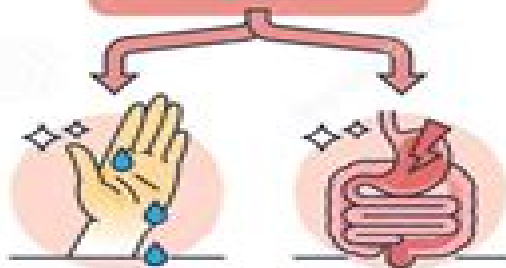


ANXIETY OVERVIEW

PHYSIOLOGICAL SYMPTOMS

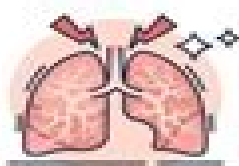


EXCESSIVE SWEATING

NAUSEA



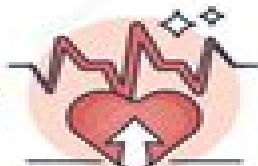
MUSCLE TENSION



SHORTNESS OF BREATH



HEADACHES



INCREASED HEART RATE



TIGHTNESS IN THE CHEST



DIZZINESS

COGNITIVE ASPECTS



PREDICTING NEGATIVE OUTCOMES

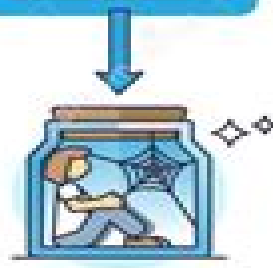


PERSISTENT "WHAT IF" QUESTIONS



FEARS OF FAILING, EMBARRASSMENT, DISASTER

BEHAVIORAL COMPONENTS



AVOIDANCE OF FEARED SITUATIONS

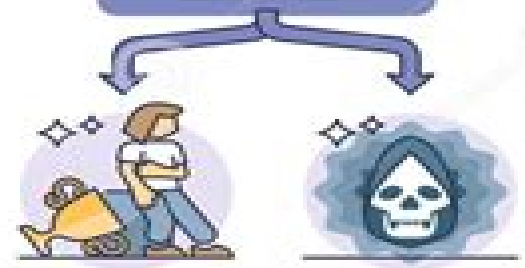


REDUCED PERFORMANCE DUE TO DISTRACTION



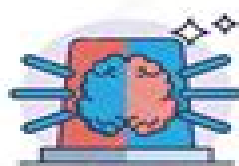
SHORT-TERM RELIEF BUT LONG-TERM REINFORCEMENT

EMOTIONAL RESPONSES



DISAPPOINTMENT

DREAD



PANIC



SADNESS



FRUSTRATION



ANGER



FEAR



DEPRESSION

Aspects Of Anxiety

S Ashworth



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