

Recognising Agoraphobia



Agoraphobia is not simply a fear of open spaces. It can involve fear of situations where escape, help or a sense of safety may feel difficult.

Situations that may feel hard

Public transport, queues, crowds, shops, bridges, open or enclosed places, being far from home, or going out alone.

What it can feel like

Racing heart, dizziness, nausea, breathlessness, trembling, unreality, urgency to escape, or fear of losing control.

Patterns to notice

Planning around exits, only going with a trusted person, carrying "just in case" items, cancelling, rushing, or making your world smaller.

A kinder understanding

These reactions are the nervous system trying to protect you. They are real and exhausting; they are not weakness or attention-seeking.

A quiet space to reflect

The places I find hardest:

What I fear may happen:

What helps in the short term:

How avoidance affects my life:

Support I would welcome:

Use this resource at your own pace. Exposure work should never involve genuine danger or ignore medical, sensory or accessibility needs. Seek qualified support if fear is significantly restricting daily life.