

Safety Behaviours in Agoraphobia



Safety behaviours are understandable actions used to prevent a feared outcome. Some are genuine supports; others can quietly reinforce fear.

Common examples

Staying near exits, carrying "rescue" items, checking routes repeatedly, gripping objects, rushing, constant distraction, reassurance, or only travelling with one person.

The key question

Is this an accessibility or medical support that enables life, or does it mainly communicate to my brain that I could not cope without it?

Run a small experiment

Choose one non-essential behaviour and reduce it by 10%, delay it briefly, or use it less intensely. Keep essential support in place.

Review without judgement

Did the feared event happen? If anxiety rose, did it change? What did you manage? What support remains genuinely useful?

A quiet space to reflect

Safety behaviour I use:

What I believe it prevents:

Essential support or fear-maintaining?

A 10% experiment:

What I learned:

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.