

The Agoraphobia Cycle

UNDERSTANDING THE PATTERN

Agoraphobia can be maintained by a repeating loop of threat predictions, physical anxiety, escape and short-term relief.

Trigger

A place or situation where escape, help or safety may feel difficult - such as crowds, transport, queues or being far from home.

Threat response

The mind predicts panic, collapse, embarrassment, being trapped or being unable to cope; the body prepares for danger.

Safety response

Escape, avoidance, reassurance, checking routes, staying near exits or relying on rituals brings understandable relief.

New learning

A small, planned approach can test the prediction while keeping genuine medical and accessibility support in place.

Notice your own pattern

Situation:

Feared prediction:

Body sensations:

Safety response:

A gentle change to test:

How to use this page

Read it once without pressure. Complete only the prompt that feels most useful today. Look for a link between the situation, what your mind or body expected, what you did next and what support could make a different response possible.

My next supported step

Use this resource at your own pace. Seek qualified or medical support where withdrawal, physical symptoms, significant risk or severe restriction of daily life may be present.