

The Phobia Cycle

UNDERSTANDING THE PATTERN

Fear often grows through a cycle: trigger, frightening meaning, anxiety, avoidance and relief. Mapping the cycle creates choices.

Trigger

Seeing, imagining, remembering or anticipating the feared object or situation.

Meaning

The mind rapidly predicts danger: "I cannot cope", "Something terrible will happen" or "I must get away".

Anxiety and action

Physical alarm rises and the person escapes, avoids, checks, distracts or seeks reassurance.

Why it repeats

Relief teaches the brain that escape prevented disaster. Gradual, supported practice can create a different lesson.

Notice your own pattern

My trigger:

My prediction:

My sensations:

My usual action:

A new lesson I want to learn:

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.