

Agoraphobia Symptoms and Patterns

UNDERSTANDING THE PATTERN

Agoraphobia can affect the body, thoughts, behaviour and sense of freedom. It is not simply a fear of leaving home.

Physical

Palpitations, dizziness, nausea, sweating, shaking, breathlessness, chest tightness, urgency or feelings of unreality.

Cognitive

Fear of panic, collapse, embarrassment, losing control, being trapped or not receiving help.

Behavioural

Avoiding travel, crowds, queues or open and enclosed places; only going with someone; planning around exits.

Impact

Life may shrink gradually. Support is appropriate when fear affects daily activities, relationships, work or wellbeing.

Notice your own pattern

Places I avoid:

What I fear will happen:

First body signal:

Safety behaviour I rely on:

Support I would welcome:

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.