

What Is Agoraphobia?

UNDERSTANDING THE PATTERN

Agoraphobia is anxiety about situations where escape may feel difficult or help may seem unavailable if panic or distress occurs.

It can look different

Some people fear public transport, shops, crowds, queues, open spaces, enclosed places, being alone or travelling far from home.

It is not weakness

The alarm response is real. Avoidance and safety behaviours are understandable attempts to prevent frightening sensations or outcomes.

What supports recovery

Understanding panic, CBT, graded exposure, repetition, compassionate reflection and appropriate medication or practical support.

Where to begin

Name one restricted area of life and discuss a manageable first step with a GP, therapist or NHS Talking Therapies service.

Notice your own pattern

The situation I find hardest:

What I predict:

What I currently do:

What I want life to include:

One source of support:

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.