

Understanding the Anxiety Loop

Anxiety and worry | Adults and teens 13+ | 10 to 15 minutes

Explain a common anxiety pattern and identify possible points for change.

Anxiety can involve thoughts, body sensations, feelings, and actions. These experiences can influence one another. Learning your own pattern may reveal places to respond differently, while also showing where you need practical help or protection.

A pattern worth noticing

A situation may bring a prediction such as "I will get this wrong." You might notice tension and an urge to postpone. Postponing may bring relief, while the unfinished task makes the next attempt feel harder. This is one possible pattern, not an explanation for every anxious experience.

More than one place to intervene

You can clarify the task, examine a prediction, ask for support, orient to the present, or take a small step toward a safe activity. You do not have to change every part of the pattern at once. Try one response and observe what changes.

When to ask for more support

Seek a fuller assessment when anxiety persistently limits work, school, sleep, relationships, or daily life. New or severe physical symptoms deserve appropriate medical attention. Anxiety tools do not replace checking actual danger, illness, or unmet needs.

One part of my pattern I recognize and one response I want to explore