

The Panic Circle

Trigger stimulus
(internal or external)

Perceived
threat

Apprehension or worry
(e.g., about having a
panic attack or about
any distressing situation)

Body
sensations

Trigger stimulus
(internal or external)
(e.g., exercise, excitement, anger,
sexual arousal, coffee, psychoactive
drugs, relaxation)

Interpretation
of sensations
as catastrophic