

My Positive Mind TM Anxiety



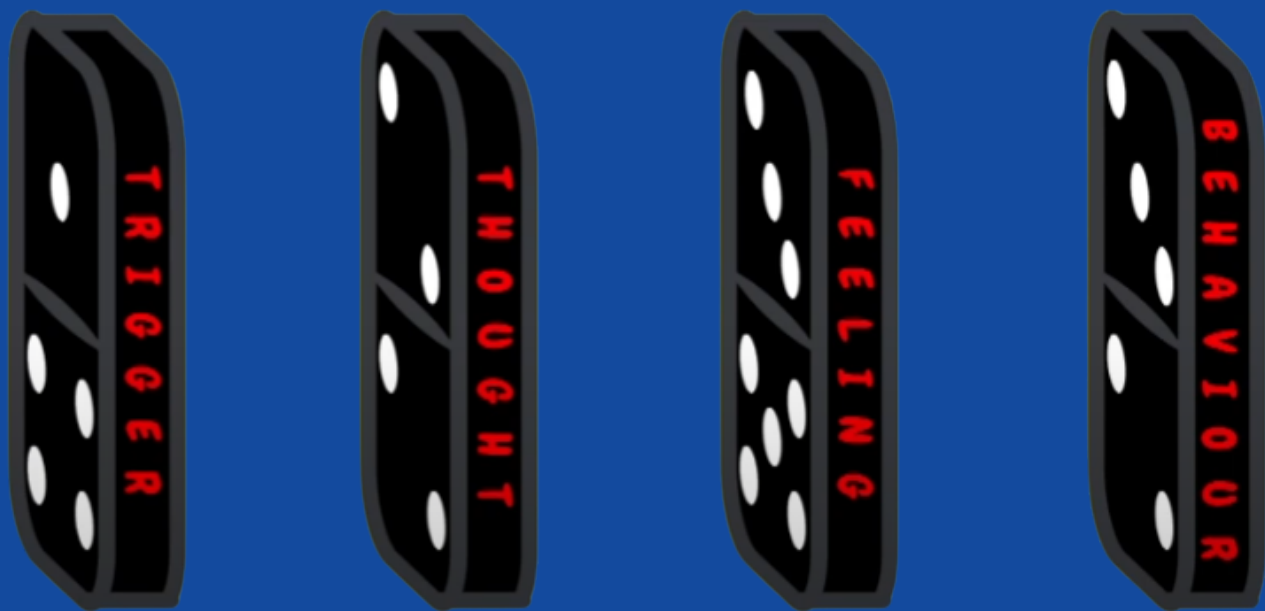
Episode Four: Why we get Anxiety

What is CBT?

To understand our own anxiety, we need to consider the cause and the reasons why it happens. Cognitive Behavioural Therapy (CBT) is a therapy that helps us break anxiety down into 4 key areas to help us gain this understanding.

1. Trigger
2. Thoughts
3. Feelings
4. Behaviours

These 4 key areas are a series of events that happen when we get anxiety. A **trigger** leads to a **thought**, which creates **feelings** that result in certain **behaviours**. This is called the 'domino effect'.



What is a trigger?

The trigger is the beginning of the domino effect. A trigger can be absolutely anything that negatively affects your emotional state, such as:

- People
- Places
- Events
- Sounds
- Sights
- Feelings
- Memories
- Flashbacks



What are thoughts?

Triggers cause unhelpful thoughts. Thoughts are our ideas and perspectives about ourselves and the world around us. E.g. "what if these people don't like me and I don't fit it?"



Unhelpful thoughts can lead to a path of anxious feelings and behaviours.

What are feelings?

Thoughts cause feelings. Feelings are the emotions that automatically happen after we have a thought. A trigger and unhelpful thought will lead to unpleasant feelings.

E.g. unworthy, worried, sad or intimidated.

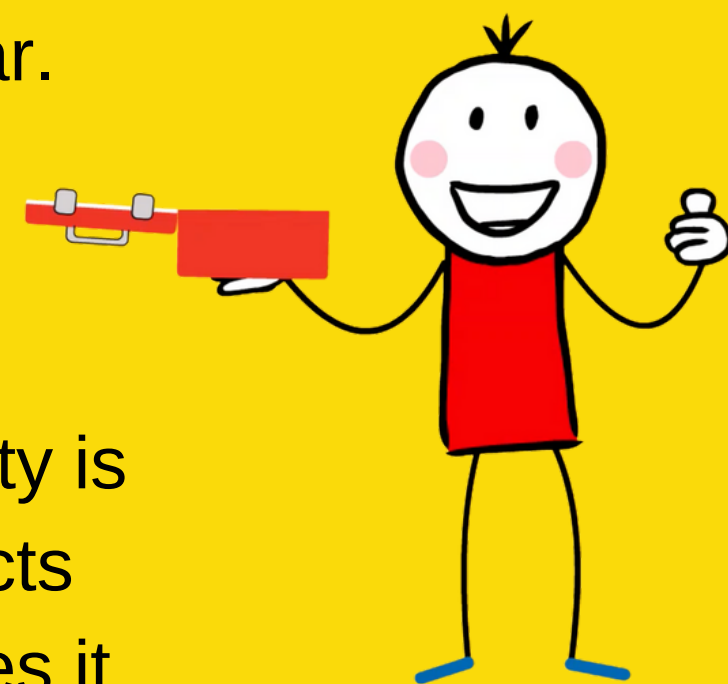


What have we learned so far?

You're over halfway through this course now! Let's do a quick refresh on all the most important stuff we've gone over so far.

We've learned:

- What anxiety is
- Who it affects
- What causes it
- What keeps it going and growing
- How to cope with it
- How anxiety is a 'domino effect'



What are behaviours?

Unhelpful feelings cause unhelpful behaviours. Behaviours are the actions, movements or ways in which we react. If we are feeling stressed, nervous or anxious then we may behave in an unhelpful way. E.g. unmotivated, lethargic, unable to concentrate, or avoiding certain situations.



📞 Help Lines

If you feel overwhelmed or distressed please reach out to your local GP or contact the following support lines. They are there to help you, even if it's just for a chat.

Lifeline: 13 11 14

Beyond Blue: 1300 22 4636

1800RESPECT: 1800 737 732

Eheadspace (12-25): 18- 650 890

Men's Line: 1300 77 98 77

Head to Health: 1800 595 212

Got a question?

Our friendly psychologist Nat is here to support you.

Simply email your questions to:
support@mypositivemind.com.au

Coming up in episode 5...

Next up we'll look at the key role that unhelpful thoughts play in this process. Once you understand the types of thoughts that can arise from the trigger, you can start to challenge them and stop anxiety in its tracks.