Figure 9.1
Cognitive and Behavioral Avoidance Reinforcing Anxiety

Emotional Distress

Automatic Thought (Catastrophic)

Increasing Physiological Arousal

Situation
True Negative Experience or Perceived as Negative

Negative Reinforcement

Behavior
Avoid or Flee the Situation

Exposure Target

Behavior
Confront Avoided Situation
Learn Relaxation and Coping Skills

Short Term
“I’m safe”
“I’m okay”

Long Term
“I can do this”
“It’s not a big deal”

Short Term Anxiety relief

Long Term Anxiety relief