

# MODEL OF ANXIETY & DEPRESSION

## Underlying Beliefs

- I am inferior
- I must make others happy
- Being criticised means being rejected

## Triggers

Social situations  
Conflict

## Negative Thoughts

- I am socially incompetent
- I can't cope
- I'm in danger

## Cognitive Changes

- Increased vigilance
- Focus on threat cues

## Emotional Changes

- Anxiety
- Depression

## Physical Changes

- Increased heart rate
- Adrenaline

## Behavioural Changes

- Avoidance of fears
- No achievements