

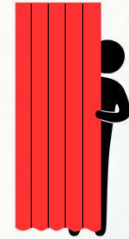
# THE ANXIETY TRAP

(The WERI Cycle: Worry-Escape-Reinforcement-Intensification)

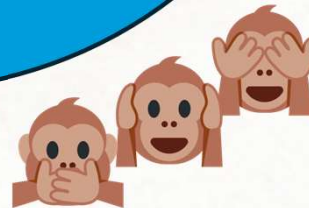
Worry...  
Anxiety is  
Triggered



Escape...  
Avoidance Ensues



Reinforcement...  
Short-Term Relief  
from Anxiety



Intensification...  
Long-Term Anxiety  
Growth



Thinking Traps: Catastrophizing, Mind Reading, Black-and-White Thinking, Overgeneralizing, Negative Thought Filtering.

How to Break the Cycle? Recognize the Pattern, Ask Yourself What You'd Advise Others To Do, and Fact Check.



Depression and Bipolar  
Support Alliance

West Virginia  
State Organization

## WE'VE BEEN THERE. WE CAN HELP.

Brought to you by the Depression and Bipolar Support Alliance of WV.  
For mood disorder support groups, visit [DBSAWV.org](http://DBSAWV.org) or call 304-241-1862

