

Problem	Yes/No
<p>We can end up spending a lot of time and effort trying to avoid a potential threat, even before we have checked to see if our fears are justified.</p>	
<p>Our emotional state can become quite negative – we spend a lot of time feeling irritable, worried, panicky or anxious. This leaves less time to feel okay, happy or content.</p>	
<p>We might not be sleeping very well, leaving us feeling unrefreshed and exhausted all the time.</p>	
<p>Our energy levels get low due to spending so much mental effort on trying to avoid the threat. We don't have much energy left for things that are productive or fun.</p>	
<p>Our relationships are impacted as other people find it difficult to live with our worry or behaviour, or because we don't feel safe enough to keep in contact. This can leave us feeling lonely or isolated.</p>	

Because we are doing less and avoiding people, we have less opportunity to notice any evidence that might challenge our threat beliefs.

We might use alcohol, substances or other unhealthy distractions to cope with the stress of the situation, which can cause their own problems in our lives.