

Managing Worries, Fears and Anxieties

Situation	Physical feelings	Thoughts / Images	What happened	Theory A or B?
Wed: in pub with friends	Bit light-headed	I'm going to faint – I can feel it	I sat down and was fine within a minute or two. I probably drank the first pint a bit quick and it went to my head.	Theory B
Thurs: on the train to work	Light-headed, not easy to breathe	I'm going to faint. I'll fall here in the gangway	I remained standing, looked out of the window and described (to myself) what I saw. I didn't feel great but I didn't faint and I was actually OK by the time I reached town. The train was crowded and I was standing – no wonder I felt odd.	Theory B
Sat: shopping in High Street	Chest tight, 'fuzzy' in my head, feeling a bit sick	I hate shopping! I can't cope – I'm going to pass out	Jumped on the bus home. Felt better straight away.	I don't know because I ran away
Mon: in a meeting	Heart racing, jittery, light-headed	I'm nervous and it's causing these feelings and I'm going to faint	I stayed in the meeting and gave my presentation. As soon as it was done I relaxed and felt better. I didn't faint.	Theory B