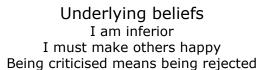
## **Model of Anxiety & Depression**





Triggers Social situations Conflict



Negative thoughts
I am socially incompetent
I can't cope
I'm in danger



Emotional Changes Anxiety Depression



Behavioural Changes Avoidance of fears No achievements



Cognitive changes Increased vigilance Focus on threat cues



Physical changes Increased heart rate Adrenaline

