



Meet Sam who recently experienced an anxiety problem called panic disorder with agoraphobia

He experienced rapid rises in his anxiety levels, which built to a peak quickly. This could be triggered by his physical symptoms, places or even the thought of going out of his flat. He used avoidance to cope with how he was feeling and found it increasingly difficult to go out without having someone with him. This gave him some relief in the short term, but in the longer term maintained his anxiety. His panic attacks also started to happen at home out of the blue. He used an evidence based CBT approach called exposure and habituation to successfully address his difficulties.