Emotions: Negative self-talks, feelings, and visualizations
Fear of Failure

Cycle of Anxiety

Cognitive manifestations:
Inability to think straight, perform well, remember known info, hard to problem-solve

Physical manifestations:
upset stomach, faster pulse, shortness of breath, sweats, nervousness, etc.

Self-sustaining and Ever-increasing unchecked Cycle of Anxiety

Rick Sheets, Ed.D., retired
Paradise Valley Community College
**Emotions:** Negative self-talks, feelings, and visualizations
- Fear of Failure

(Ideal, but long term solution)
**BREAK HERE TO**
**Prevent** the Cycle from **beginning** by replacing the negative with positive talks, affirmations, feelings, and/or visualizations.

(Good, working toward solution)
**BREAK HERE TO**
prevent the physical symptoms by restating the self-talks as positive, identify and work through feelings, reprogram the visualizations, and/or overcome fears.

**Breaking the Cycle of Anxiety**

**Cognitive manifestations:**
- Inability to think straight,
- perform well, remember known info, hard to problem-solve

**Physical manifestations:**
- upset stomach, faster pulse, shortness of breath, sweats, nervousness, etc.

**BREAK HERE TO prevent the cognitive interference problems by alleviating the physical symptoms**
use relaxation response, visualizations, breathing, meditation, or the PLUG
(A quick set of interventions to break each instance to weaken the cycle)