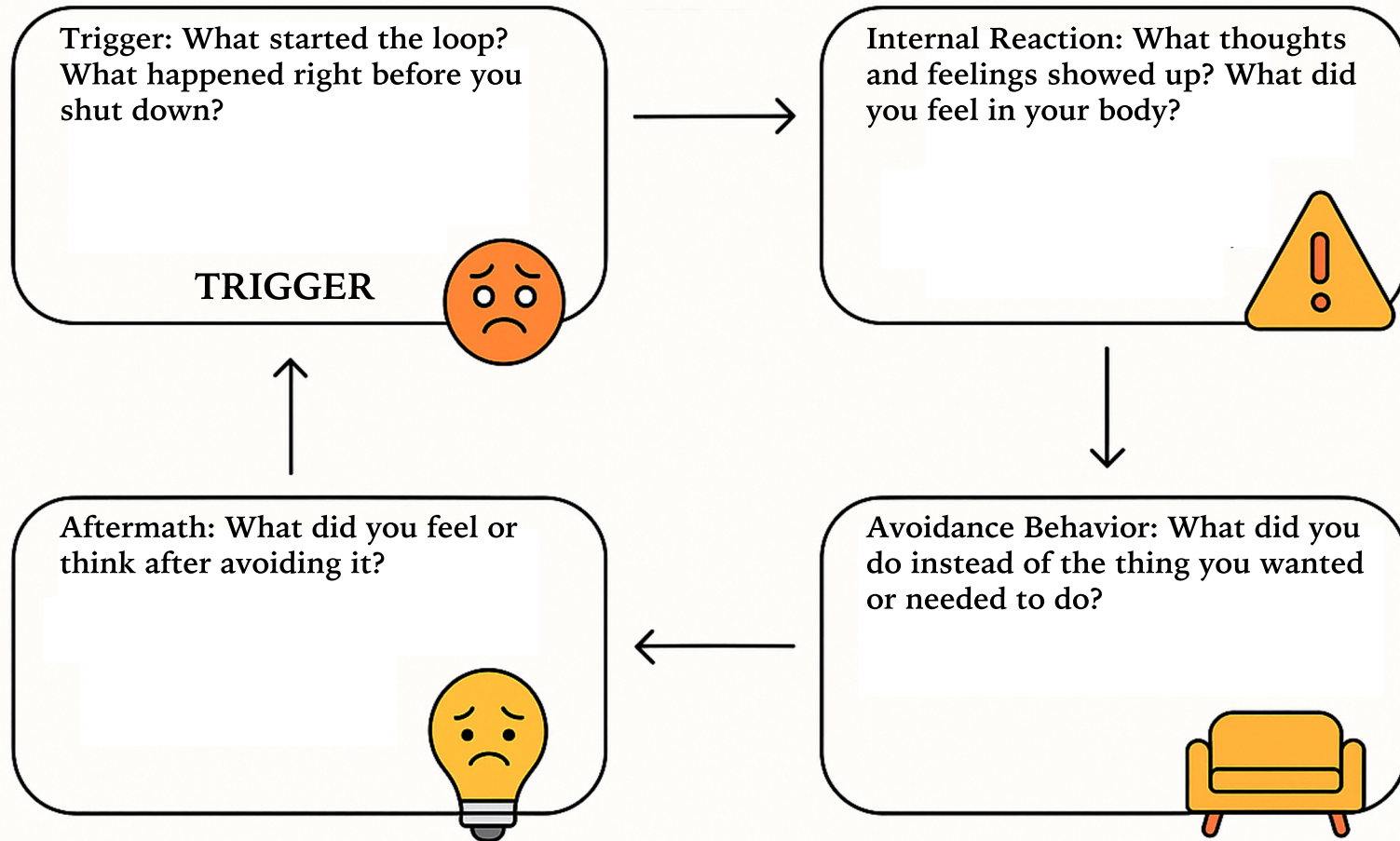


Anxiety-Avoidance Loop



What could you try next time to break the cycle?
