**PHYSICAL SYMPTOMS OF ANXIETY**

*Sweat, dizzy, disorientated, go blank, dry mouth, nauseous*

**RUMINATION ABOUT EVENTS**

*Worry that we may have offended someone; Think I should have said or done this or that; Thoughts of powerlessness in situations, resentful towards others*

**NEGATIVE PREDICTION OF ASSERTIVE BEHAVIOUR**

*If I assert myself I will upset the other person and ruin our relationship; it will be terribly embarrassing if I say what I think; They will say no to my request, and I couldn’t bear it*

**AVOIDANCE & PASSIVE BEHAVIOUR**

*Be agreeable with others; stopped recognising own needs, refrain from asking for needs to be met, avoid seminars, don’t give opinions, say yes when requests are made even if they impose on life*

**CONFIRMATION OF LACK OF RIGHTS**

**PERCEIVED LACK OF RIGHTS / ASSERTIVE BELIEFS**

*Others are allowed to make demands but I am not, I must be small and quiet to stay safe, People will not listen to me, I have nothing to say worth listening to*

**EXTERNAL INDICATORS OF WORTH**

*Lack of assertion increases likelihood of others disrespecting personal boundaries, reduced ability to meet one’s needs from others reinforces low self-esteem*

*refraining to state opinions or ask for needs reinforces beliefs of worth*

**CONFIRMATION OF PREDICTION**

**BIOPSYCHOSOCIAL FACTORS**

*Higher on introversion scale, domineering parent, bullied at school*

**CRITICAL INCIDENTS**

*Spoke out in class and everyone laughed, Asked for a need in relationship and was criticised*

**PHYSICAL SYMPTOMS OF ANXIETY**

**RUMINATION ABOUT EVENTS**

**NEGATIVE PREDICTION OF ASSERTIVE BEHAVIOUR**

**AVOIDANCE & PASSIVE BEHAVIOUR**

**CONFIRMATION OF LACK OF RIGHTS**

**PERCEIVED LACK OF RIGHTS / ASSERTIVE BELIEFS**

**EXTERNAL INDICATORS OF WORTH**

**CONFIRMATION OF PREDICTION**

**PREVIOUS LIFE EXPERIENCE**

**CRITICAL INCIDENTS**