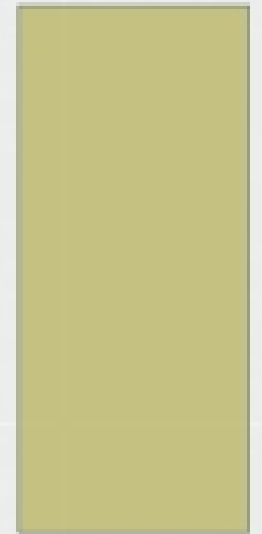




ANXIETY DISORDERS

PSYC 306 • 2/5/15-2/10/15



ANXIETY VS. FEAR

- Fear is a state of alarm in response to a serious threat to one's well-being
- Anxiety is a state of alarm in response to a vague sense of danger/anticipating a future threat
 - Same physiological features:
 - Breathing fast, sweating, tensing up
- Sure, fear/anxiety can be useful
 - Prepare us for fight/flight when threatened
 - For some people, its too severe and too frequent or is triggered too easily
 - This results in anxiety or anxiety-related disorders

EXAMPLE

- Rapport/alliance/relationship is the best predictor of a positive therapeutic response in all therapy models!!!