Physical symptoms

Beliefs
(processed and integrated information)

Consequences

- physical:
  - tension
  - over-breathing
  - physical arousal
  - loss of physical shape

- behavioral:
  - avoidance
  - over-activity
  - harmful habits
  - medication

- emotional:
  - anxiety
  - sadness
  - anger

- cognitive:
  - (processing information)
  - preoccupation
  - selective attention
  - anticipation

- social:
  - change in family contacts
  - impairment in occupation
  - change in social contacts