ENTRY TASK PROMPT
How do you cope with your anxiety?

PROMPT 1
How does the DSM 5 specify the diagnosis of GAD?

PROMPT 2
Why would people with GAD “worry” as a way to gain control?

PROMPT 3
Why does the act of worrying get reinforced for those with GAD?

PROMPT 4
What symptoms must a person show for the diagnosis of Panic Disorder?

PROMPT 5
How does Panic Disorder create a “vicious cycle” of panic?

PROMPT 6
What is interoceptive avoidance?