

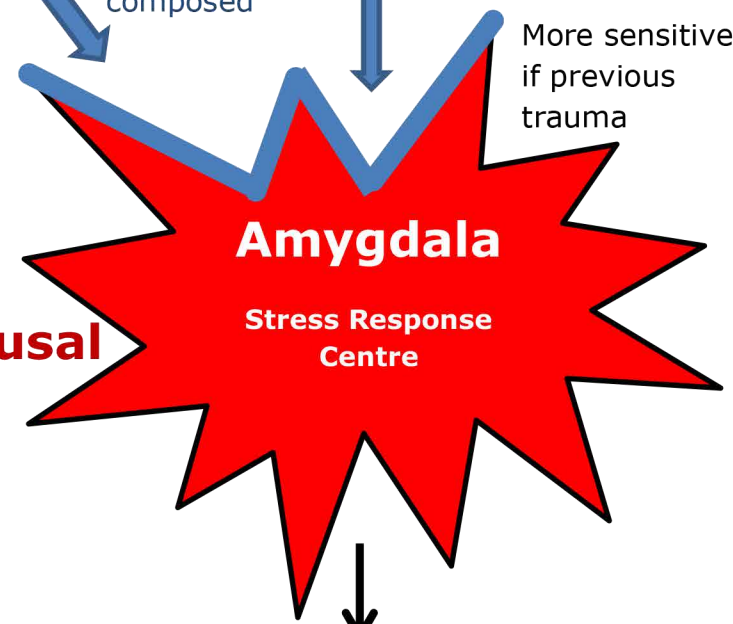
Assess threat: Real?

The body's alarm system helps us survive. Fear is necessary! However, when we suffer from anxiety, the alarm sounds even when the danger is imagined or exaggerated. When we practise and repeat the composed route (use our skills), the new neural pathway becomes stronger, and the composed route and responses become more dominant and automatic.

The Brain's STRESS RESPONSE

Impulsive route results in emotional responses

Alternative **composed route** (STOPP & other skills) results in less emotional, more reasonable and effective outcome



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STIMULUS