CLÍNICA VIVALDI · FREE SHEET · ANXIETY

Agoraphobia

Fear of situations from which it would be difficult to escape or get help if anxiety occurs: public transportation, open or closed spaces, crowds or going out alone.

COMMON SIGNS

- Avoids transport, queues or shopping centres
- Needs to be accompanied
- Life keeps shrinking

TIPS FOR YOU

1. Build a ladder of situations and climb it step by step
2. Gradually rely less on having someone with you
3. If it's hard to go out, start with online therapy

FOR FAMILY AND FRIENDS

1. Go with them, but let them do some stretches alone
2. Treat every outing as an achievement

WHEN TO ASK FOR HELP

1. If you hardly leave the house any more
2. If sadness or hopelessness appears

TO OBSERVE AND NOTE DOWN

☐ Using public transport overwhelms me

☐ I avoid shopping centres, queues or crowds

☐ I find it hard to leave the house alone

☐ I worry I won't be able to get away if I feel unwell

☐ I need someone with me to go to certain places

☐ Before going out I think about the exits or where to get help

☐ I have stopped making plans because of this fear

☐ My life has been getting smaller

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/agorafobia
- Full article: Agoraphobia: clinicavivaldi.com/en/trastorno-agorafobia
- Free guide: Panic disorder: clinicavivaldi.com/en/guia-panico
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112