

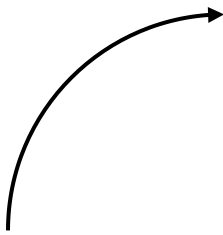
1) Panik-trigger (extern/intern)



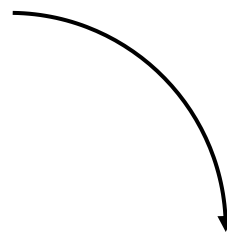
2) Automatiska tankar (tolkning av trigger)



3) Känslor (ångest/rädsla)



5) Katastroftankar



4) fysiologiska sensationer/reaktioner

