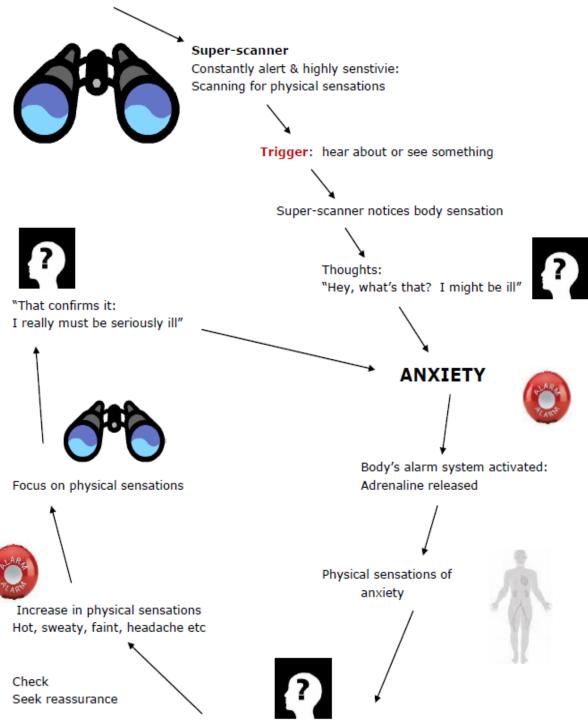


## The vicious cycle of Health Anxiety

Underlying belief: I could become seriously ill with a life-threatening illness



Thoughts: "I'm in danger here. I might collapse.
I really could be seriously ill"

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