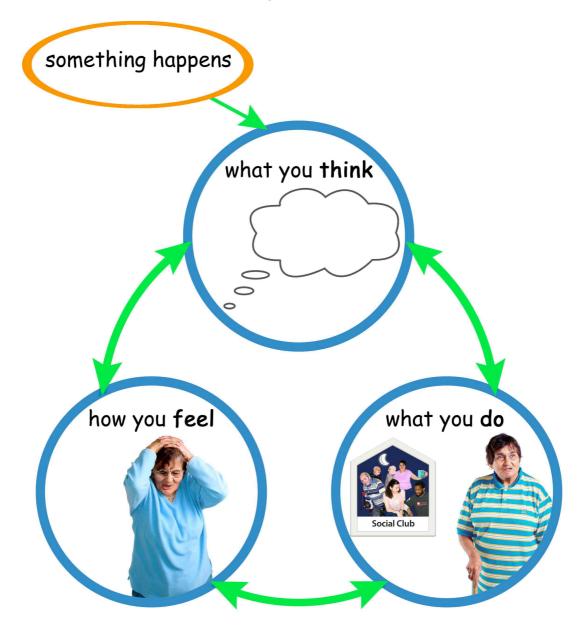# Linking thoughts, feelings and behaviours for anxiety

- an example for **anxiety**

- what you **think** - no one likes me
- how you **feel –** worried, scared, anxious
- what you **do –** avoid people