

Table 9.1
Examples of Safety Behaviors

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An individual with agoraphobia only goes out with a trusted friend/family member.
An individual with panic disorder takes benzodiazepine when feeling early symptoms of a panic attack.
An individual with social anxiety disorder at a social gathering finds ways to avoid social interactions (e.g., hangs out near the food, frequent trips to the bathroom, or has to excuse oneself due to receiving a “phone call”).
An individual with generalized anxiety disorder frequently seeks reassurance from a loved one to reduce excessive worry.
An individual with posttraumatic stress disorder due to a car accident drives a different route to work in order to avoid reminders of the trauma.