

Safety Behaviours

In addition to avoidance, we often engage in safety behaviours when we feel anxious. What are "safety behaviours"? These are things we do to reduce our sense of risk or keep from being hurt in situations that make us anxious. While these purposes sound like good things, safety behaviours actually often make our anxiety worse, because they increase our perception that this situation is much more dangerous than it may actually be. Here are some examples.

Tyra is afraid of snakes. When she takes her daughter to the zoon, she checks on the map to see where the snake exhibit is housed. Even though she would prefer avoiding this exhibit, her daughter wants to see the snakes, so she goes into the exhibit. While she is there, Tyra keeps one arm on her daughter, just in case she needs to grab her and run out of the exhibit quickly because a snake has gotten loose. Because she keeps her arm on her daughter (safety behaviour), Tyra actually thinks even more about danger than usual and feels more anxious, even though the actual danger is close to zero.

Kenji is anxious about a lot of different things. At night, he is nervous that someone will break into his home. He locks his door, and then a few minutes later gets anxious and checks the door (safety behaviour) to confirm that it is locked. He repeats this ritual eight or nine times a night, every night. His anxiety goes down briefly each time he sees the door is locked, but his worries quickly return, and he questions his memory that the door is locked. Checking the doors is a safety behaviour and it keeps Kenji focused on the danger of an intruder. His safety behaviours do not have lasting benefit in terms of reducing his anxiety.

Roberta has to attend a weekly office meeting. Each week she becomes very anxious, because she is afraid the manager will ask her a question or assign her a job that she can't do. She attends all the meetings, but sits in the back row (safety behaviour). She also refrains from coughing, making eye contact, or volunteering information she does have (more safety behaviours), because she doesn't want to draw attention to herself. These safety behaviours succeed in keeping Roberta out of the manager's awareness, but they do not reduce her anxiety over time. Instead, each week that her manager does not speak to her, Roberta becomes more and more convinced that she could not handle it if he did. Thus, over time, she becomes even more anxious in office meetings.

Safety Behaviours I use to Prevent Anxiety

For this exercise, think of particular situations in which you feel anxious, and recall what safety behaviours you use. There may be more than one safety behaviour for each situation. Continue to list as many situations you can think of

Situation

Safety behaviours(s)

Situation