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{
  "disease": "Agoraphobia",
  "symptoms": [
    {
      "symptom": "Fear of leaving home",
      "communicationEnglish": [
        "I'm afraid of going outside",
        "Leaving home makes me anxious",
        "I feel scared to step out of my house",
        "I worry about what might happen if I step outside",
        "Leaving my house feels like stepping into danger",
        "I feel trapped inside my own home",
        "The thought of going outdoors fills me with dread",
        "I'm terrified of encountering people outside",
        "I feel paralyzed by fear when I try to leave home",
        "I'm constantly imagining worst-case scenarios when I think about
going out",
        "I feel safer staying indoors where I can control my environment",
        "Even the simplest errands feel impossible to accomplish",
        "I feel like I'm suffocating when I try to leave my house",
        "I avoid opening the door to go outside",
        "I worry about having a panic attack if I leave home",
        "My heart races just thinking about going outside",
        "I feel like I'm being watched and judged by everyone",
        "I'm scared of what might happen if I'm not in my 'safe' space",
        "I feel like I'll never be able to leave my house again",
        "I feel ashamed of my fear of leaving home",
        "I feel isolated and alone because of my agoraphobia",
        "I'm terrified of losing control once I step outside",
        "I feel like I'm in constant danger if I leave my house"
      ]
    },
    {
      "symptom": "Fear of going to a public place",
      "communicationEnglish": [
        "Public places make me nervous",
        "I avoid going to areas where there are many people",
        "I'm afraid of travelling alone to places where people are crowded",
        "Being around strangers makes me feel vulnerable",
        "I'm afraid of being judged by others in public",
        "I worry about embarrassing myself in front of others",
        "The thought of being in a crowd terrifies me",
        "I feel like everyone is staring at me when I'm in public",
        "I'm scared of being trapped in a crowd",
        "I feel exposed and unsafe in public places",
        "I avoid social gatherings because they make me anxious",
        "I'm constantly scanning my surroundings for threats",
        "I feel like I'll never be able to relax in public",
        "I'm afraid of having a panic attack in front of others",
        "I feel like I don't belong in public spaces",

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        "I'm always on edge when I'm in public",
        "I feel like I have to constantly be on guard in public",
        "I avoid eye contact with strangers because it makes me anxious",
        "I'm afraid of being trapped in a situation I can't escape from",
        "I feel like I'm suffocating when I'm in public",
        "I feel like I'm drowning in a sea of people",
        "I'm constantly looking for exits when I'm in public",
        "I feel like I'm being watched and judged by everyone around me"
    ]
},
{
    "symptom": "Fear of going to a crowded place",
    "communicationEnglish": [
        "Crowded areas make me extremely anxious",
        "I'm fearful of being in places with many people",
        "I panic in crowded environments",
        "Large crowds make me feel overwhelmed",
        "I feel like I'm being swallowed up by the crowd",
        "I'm afraid of being trampled in a crowd",
        "I worry about losing my loved ones in a crowd",
        "I feel like I can't breathe when I'm in a crowd",
        "I'm scared of being crushed in a crowd",
        "I feel claustrophobic in crowded places",
        "I avoid concerts and festivals because of the crowds",
        "I feel like I'm going to have a panic attack in a crowd",
        "I'm constantly scanning the crowd for danger",
        "I feel like I'm invisible in a crowd",
        "I'm afraid of being separated from my friends or family in a
crowd",
        "I feel like I'm going to be swallowed whole by the crowd",
        "I'm terrified of being stuck in a crowd",
        "I feel like I'm suffocating when I'm in a crowd",
        "I'm afraid of being crushed by the weight of the crowd",
        "I feel like I'm drowning in a sea of people",
        "I'm scared of being trapped in a crowd",
        "I feel like I'm going to lose control in a crowd",
        "I'm constantly looking for a way to escape when I'm in a crowd"
    ]
},
{
    "symptom": "Traveling alone",
    "communicationEnglish": [
        "I'm afraid of travelling alone",
        "The thought of traveling by myself is frightening",
        "I avoid traveling alone whenever possible",
        "I feel vulnerable when I'm traveling by myself",
        "The thought of being alone in unfamiliar places scares me",
        "I'm afraid of getting lost when I'm traveling alone",
        "I worry about not being able to handle unexpected situations on my
own",

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        "I feel exposed when I'm traveling alone",
        "I'm scared of being targeted by criminals when I'm alone",
        "I avoid traveling alone because it triggers my anxiety",
        "I feel like I'm on high alert when I'm traveling alone",
        "I'm constantly checking over my shoulder when I'm alone",
        "I feel like I'm going to have a panic attack when I'm traveling
alone",
        "I'm afraid of being taken advantage of when I'm alone",
        "I feel like I'm more vulnerable to danger when I'm alone",
        "I worry about not being able to find help if I need it when I'm
alone",
        "I feel like I'm walking into a trap when I'm traveling alone",
        "I'm scared of being stranded in an unfamiliar place when I'm
alone",
        "I feel like I'm an easy target when I'm traveling alone",
        "I avoid making eye contact with strangers when I'm alone",
        "I'm afraid of being judged for being alone when I'm traveling",
        "I feel like I'm constantly on edge when I'm traveling alone",
        "I worry about not being able to defend myself if I need to when I'm
alone"
    ],
    },
    {
        "symptom": "Avoidance of anxiety-provoking situations",
        "communicationEnglish": [
            "I steer clear of situations that make me anxious",
            "I tend to avoid things that trigger my anxiety",
            "I keep away from places or activities that scare me",
            "I go out of my way to avoid things that make me anxious",
            "I'll do anything to steer clear of situations that trigger my
anxiety",
            "I'm always looking for an escape route in case I start feeling
anxious",
            "I avoid places where I've had panic attacks before",
            "I'll make excuses to get out of situations that make me anxious",
            "I feel like I'm constantly running away from my anxiety",
            "I'll take the long way around just to avoid passing by something
that triggers my anxiety",
            "I'm afraid of what might happen if I confront my fears",
            "I'll cancel plans at the last minute if I start feeling anxious",
            "I feel like I'm missing out on life because of my anxiety",
            "I'll go to great lengths to avoid feeling uncomfortable",
            "I'll do whatever it takes to avoid feeling out of control",
            "I feel like I'm trapped in a never-ending cycle of avoidance",
            "I'll sacrifice my own happiness just to avoid feeling anxious",
            "I'm constantly second-guessing myself to avoid making decisions
that trigger my anxiety",
            "I'll avoid social situations altogether if I can",
            "I'll pretend to be sick just to avoid going to places that make me
anxious",

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        "I'm always looking for excuses to stay home",
        "I'll isolate myself from others just to avoid feeling anxious",
        "I'll avoid anything that makes me feel vulnerable or exposed"
    ]
},
{
    "symptom": "Frequently associated with panic disorder",
    "communicationEnglish": [
        "I have panic symptoms like palpitations, sweating, hand tremors,
fearfulness frequently",
        "I experience sudden intense episodes of fear",
        "My panic attacks seem to happen out of the blue",
        "I feel like I'm having a heart attack when I have a panic
attack",
        "I'm terrified of dying during a panic attack",
        "I feel like I'm losing control when I have a panic attack",
        "I'm afraid of passing out during a panic attack",
        "I worry about embarrassing myself during a panic attack",
        "I feel like I'm going crazy when I have a panic attack",
        "I'm scared of having a panic attack in public",
        "I feel like I'm suffocating during a panic attack",
        "I'm afraid of having a panic attack when I'm alone",
        "I worry about having a panic attack while driving",
        "I feel like I'm having an out-of-body experience during a panic
attack",
        "I'm terrified of the physical sensations that come with a panic
attack",
        "I feel like I'm going to die when I have a panic attack",
        "I'm scared of losing control of my body during a panic attack",
        "I worry about having a panic attack in front of others",
        "I feel like I'm trapped in my own body during a panic attack",
        "I'm afraid of fainting during a panic attack",
        "I worry about not being able to escape when I have a panic attack",
        "I feel like I'm going to pass out when I have a panic attack",
        "I'm scared of having a panic attack in a crowded place"
    ]
},
{
    "symptom": "Sleep disturbances",
    "communicationEnglish": [
        "My sleep is often disturbed",
        "I have trouble sleeping at times",
        "Sleep disturbances are a common problem for me",
        "I toss and turn all night because of my anxiety",
        "I have trouble falling asleep because of my racing thoughts",
        "I wake up in the middle of the night feeling panicked",
        "I have nightmares about my fears",
        "I wake up feeling exhausted because I can't relax",
        "I feel restless and agitated when I try to sleep",
        "I have trouble staying asleep because of my anxiety",
    ]
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"I wake up multiple times during the night",  
"I have trouble calming my mind before bed",  
"I feel on edge even when I'm trying to sleep",  
"I wake up early in the morning feeling anxious",  
"I have trouble getting comfortable enough to sleep",  
"I feel like I'm constantly on alert even when I'm asleep",  
"I wake up feeling like I haven't slept at all",  
"I have trouble shutting off my brain at night",  
"I feel like I'm never fully rested because of my anxiety",  
"I have trouble winding down at the end of the day",  
"I wake up feeling tense and sore from being so tense all night",  
"I have trouble getting back to sleep after waking up",  
"I feel like I'm in a constant state of hyperarousal even when I'm

trying to sleep"

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