

**Client: BeyondBlue**  
**Product: Anxiety**  
**Title: The Loop**  
**Duration: 30"**

**V/O: Anxiety takes a small worry, like "I'm running late".**

*"I'm running late" begins to loop softly in the background.*

**V/O: And loops it.**

**V/O: Then builds on it.**

*We hear the snowballing worries build on top of the existing loop, as anxious thoughts build on top of one another, blurring together, gradually building in volume.*

**"You're always late"**  
**"They're going to say something"**  
**"They're going to fire you"**  
**"You won't make ends meet"**  
**"You won't be able to provide for your family"**  
**"You always let everyone down"**

**V/O: Then increases the volume....**

*The looping worries reach maximum volume, becoming overwhelming.*

**V/O: Until the sound becomes deafening.**

**"YOU ALWAYS LET EVERYONE DOWN" is shouted before the loop stops.**

*(beat)*

**V/O: Find out if it's anxiety talking.**  
**Take the test at [beyondblue.org.au/anxiety](https://beyondblue.org.au/anxiety)**