some individuals may experience the symptoms of anxiety resulting from reflection upon
and regret of actions they have initiated. Mowrer's (1950) Two Factor Model introduced
the concept that individuals may acquire phobias as a conditioned response to
experiencing situations they believe will produce a negative result.

Dollard and Miller (1950) suggested that prior to the manifestation of neurotic
behavior an individual would experience severe emotional turmoil. According to Dollard
and Miller (1950) neurotic behavior in individuals could be traced to early childhood
trauma and may result in the individual experiencing reoccurring fear and anxiety.

In spite of the more than 1,500 experimental studies and 3,500 research
publications in the 1950-1960s, there was a lack of agreement on an exact definition for
anxiety. Epstein (1972) stated "that the problem in defining anxiety might be similar to
the problems that were experienced by the proverbial wise but blind men of Indostan who
differed in their descriptions of an elephant" (p. 294) According to Epstein, anxiety can
be defined as a "state of diffuse arousal following the perception of threat, alternatively,
an unresolved fear" (1972, p. 334). He further described anxiety as being composed of
"three sources or conditions, each having a feeling association--primary overstimulation,
cognitive incongruity, and response unavailability" (p. 335). Primary overstimulation is
a feeling of being overwhelmed or pushed to the limit. Cognitive incongruity can be
defined as the condition that occurs when a discrepancy exists between a plan or
expectation and the individual's failure to meet the predetermined goal (the individual
usually experiences confusion, disorganization, and disorientation). Response
unavailability occurs when the object producing the arousal is unknown, when there is
conflict between opposing response feelings, or when a waiting period is required before
any response can be made (the individual may experience a feeling of helplessness).