

Looking For Patterns

1. Think of a recent episode of strong, negative emotions, such as a panic or anxiety attack or depressive episode. Describe your episode of strong negative emotions:

2. Write down the symptoms (feelings and physical sensations) you experienced during this episode:

3. What were you thinking about in the moment?

4. How did you react?

Situation	Feelings	Physical sensations	Thoughts	Behaviors
Example: Receiving a wedding invitation	Anxiety	Racing heart Upset stomach	I'm going crazy	Planning how to escape the situation

5. Looking at your entries in the table, what were the most common thoughts that you noticed?

6. What were the most common behaviors that you noticed?

7. Do you tend to avoid activities in which you are alone or those that put you in a crowd?

8. Is your avoidance more associated with negative emotions (fear, depression, anxiety) or lack of positive emotions (lack of energy, motivation, or enjoyment)?

9. Keep looking for avoidance patterns. For example, do you tend to avoid only lines at grocery stores, or do you also avoid long lines at restaurants, restrooms, banks, and the like?

10. Write down any other patterns you notice:
