

Panic Attacks Worksheets

1. Identify panic attacks symptoms that you often experience. The following are some common ones. Check off the ones you relate to and add ones of your own:

- Heart pounding, beating fast or skipping a beat
- Chills or hot flashes
- Sweating
- Trembling or shaking
- Shortness of breath
- Feeling of choking
- Chest pain
- Nausea or abdominal distress
- Feeling dizzy, unsteady, lightheaded, or faint
- Pounding in your head
- Numbness or tingling
- Feelings of unreality or being detached from yourself
- Fear of losing control or going crazy
- Fear of dying
- _____
- _____
- _____
- _____
- _____

2. List any stresses that you are aware of that could have triggered your panic attacks in the past. The following are some common ones:

- Health worries
- Difficult emotions
- Out of the blue
- Life changes
- _____
- _____
- _____
- _____
- _____

3. Identify negative self-talk.

- I've got to get out of here!
- I'm having a heart attack.
- I'm choking.
- I'm going to be sick.
- I'm losing control.
- I must be going crazy.
- I'm going to pass out.
- I think I'm going to die.
- People will think I'm crazy.
- I'm going to make a complete fool of myself.
- I can't stand this.
- _____
- _____
- _____

4. Now write down your “talk-back” statements arguing the irrational thoughts you identified above:

Irrational thoughts: _____

Talk-back: _____

Irrational thoughts: _____

Talk-back: _____

Irrational thoughts: _____

Talk-back: _____

5. What usually helps your panic attacks go away?

6. How do your panic attacks affect your quality of life?

7. How will your life change if you no longer have panic attacks?

Graded Exposure

Avoidance relieves the fear and anxiety momentarily. However, avoidance fuels your fear because each time you avoid, you reinforce the belief that there is a real threat and that you can't handle the feared situation or activity.

Graded exposure helps you desensitize yourself by slowly confronting the feared situation or activity until fear diminishes.

How do I do graded practice?

1. Make a list of everything you tend to avoid because of your panic attacks.

2. Rank your list from least panic-provoking to the most panic-provoking activity.

3. Start out with the easiest think on your list and practice exposing yourself to it regularly until you become desensitized.

Use positive coping statements to help you feel calmer during your panic attacks:

- I don't like this feeling, but I can handle it.
- I can feel like this and still be okay.
- This has happened before, and I was okay. I'll be okay this time, too.
- This is difficult but it is temporary.
- These are just feelings and will go away.
- I can accept myself the way I am.
- _____
- _____
- _____
- _____
- _____