

# Panic Attacks Journaling Prompts

1. Describe a recent or memorable panic attack, including the physical sensations, emotional experiences, and any triggering factors that you may have noticed.

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2. Reflect on the thoughts and beliefs that were present during the panic attack. What fears or worries surfaced, and how did they contribute to the intensity of the experience?

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3. Consider the impact of panic attacks on your daily life and well-being. How do they affect your ability to function, engage in activities, or maintain relationships?

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4. Explore any patterns or recurring themes in your panic attacks. Are there specific situations, environments, or stressors that tend to precede these episodes?

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5. Write about the coping strategies you currently use to manage panic attacks. Which techniques have been helpful, and which ones have been less effective?

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6. Imagine a moment of calm and tranquility amidst a panic attack. What feelings or thoughts would bring you comfort and relief during such an episode?

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7. Consider the support systems available to you. Who can you turn to for help and understanding during a panic attack? How do your loved ones and support network contribute to your sense of safety and reassurance?

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8. Reflect on your overall relationship with anxiety and stress. How do these factors contribute to the frequency or intensity of your panic attacks?

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