

Vicious cycle of panic (with example)



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Situation - use this template to look at a recent panic attack.

What was I doing, where and with who?

In the supermarket last Saturday afternoon.

What I was thinking:

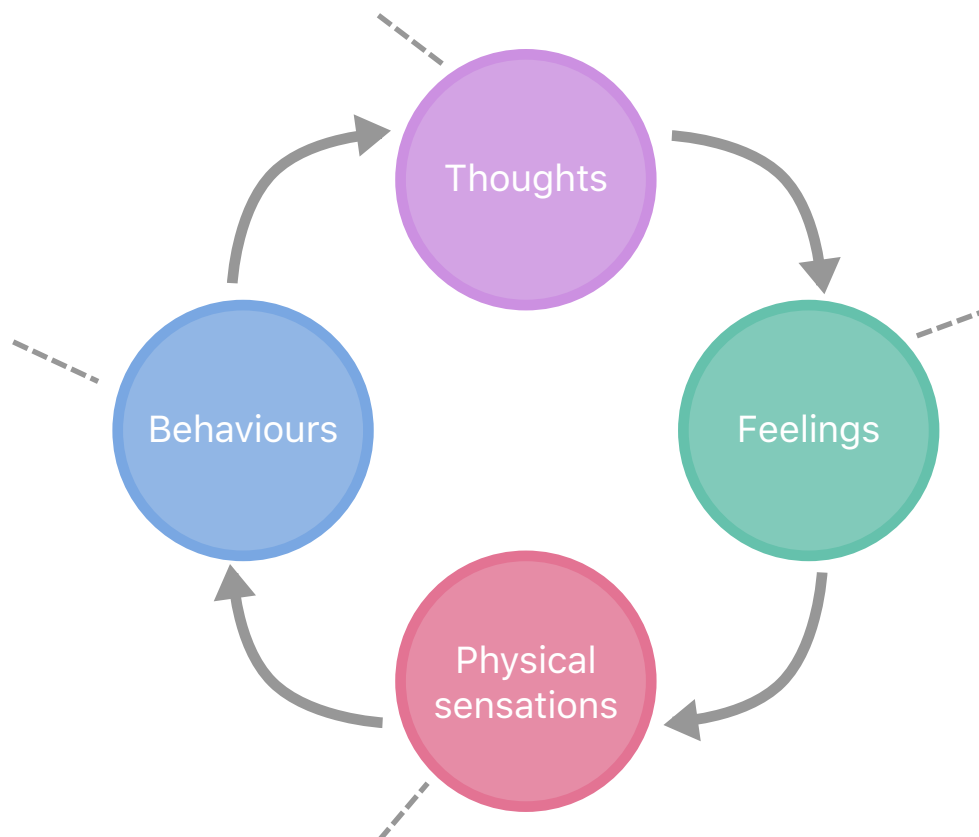
What went through my mind at the time?

It is really busy in here. I think I'm going to have a panic attack. I need to get out.

What I was doing

Did I avoid a situation or rely on any safety behaviours? Did I have any automatic reactions?

I had to leave and sit in my car until the panic was over.



What I was feeling

How intense were the feelings (0-100)?

90
Very anxious and frightened, overwhelmed by fear.

How my body reacted

What changes or sensations did I notice in my body?

- Fast beating heart,
- Dizziness, feeling light-headed,
- Dry throat,
- Wobbly and shaking,
- Breathing much faster,
- Hot,
- Sweaty.