

Vicious cycle of panic



www.mindwell-leeds.org.uk

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

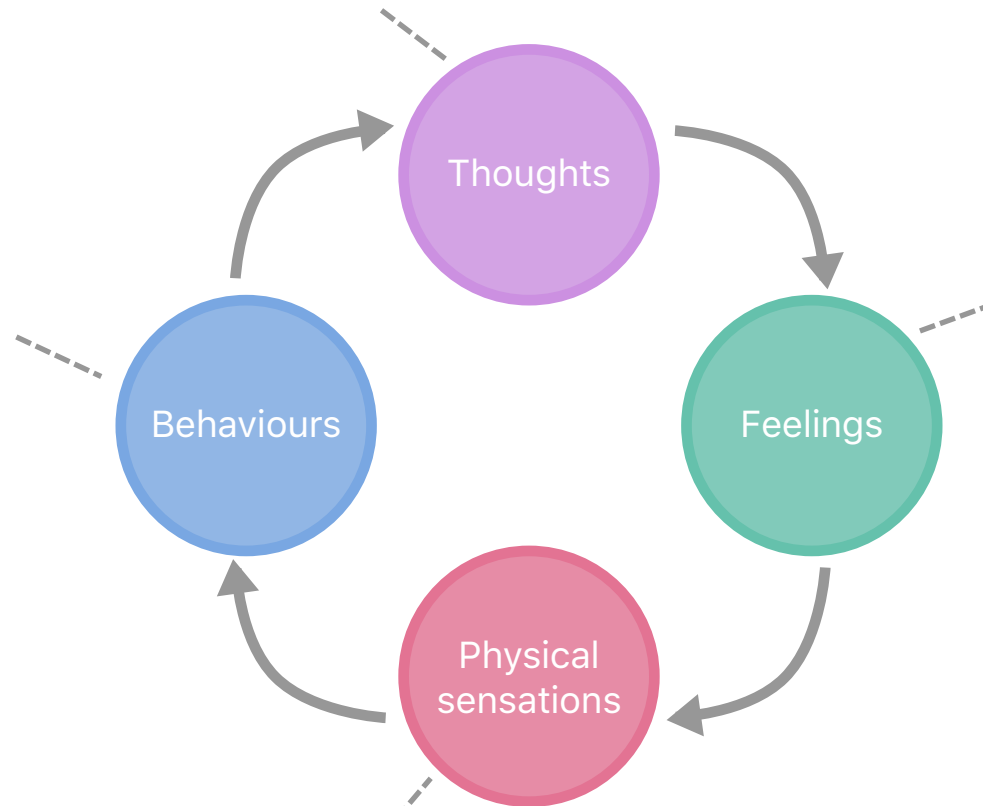
What was I doing, where and with who?

What I was thinking

What went through my mind at the time?

What I was doing

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



What I was feeling

How intense were the feelings (0-100)?

How my body reacted

What changes or sensations did I notice in my body?