

Vicious Cycle of panic (blank)



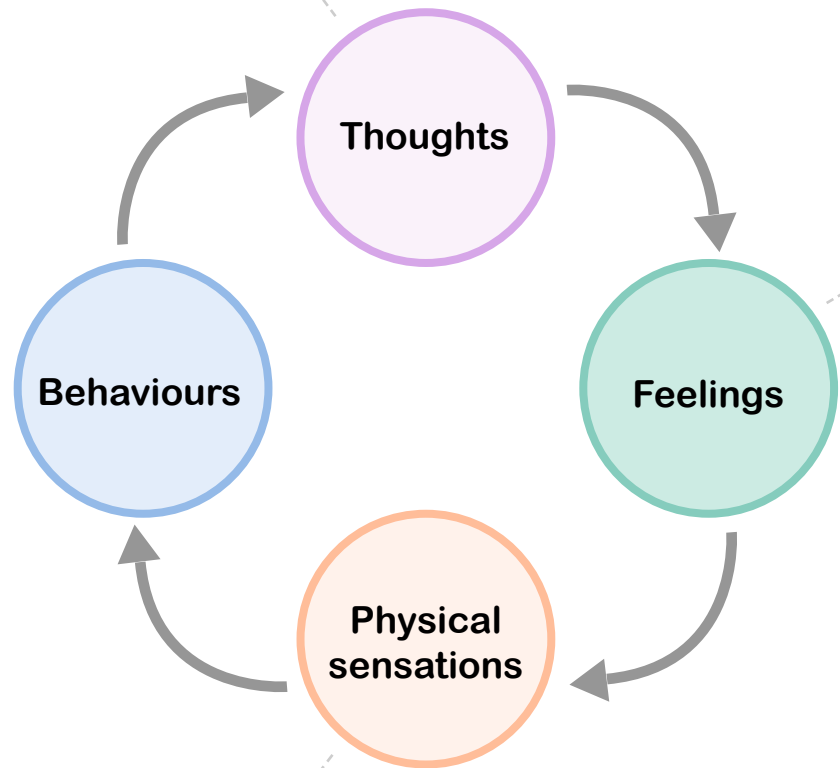
Situation: Use this template to look at a recent panic attack.
What was I doing, where and with who?

What I was thinking:

What went through my mind at the time?

What I was doing:

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



What I was feeling:

How intense were the feelings (0 to 100)?

How my body reacted:

What changes or sensations did I notice in my body?