

Vicious Cycle of panic with example



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 doing:

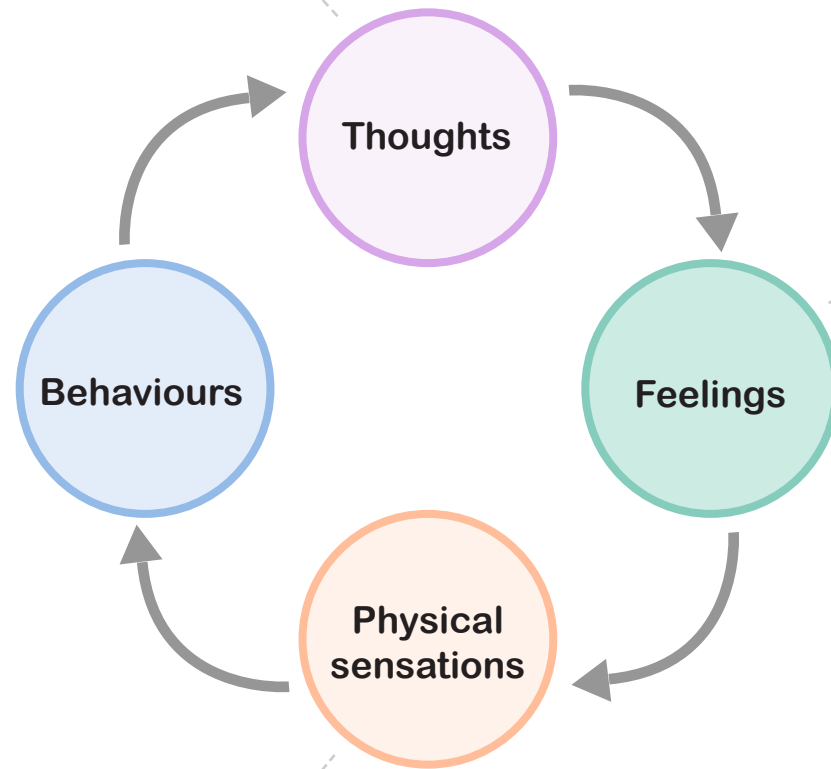
Did I avoid or rely on any safety behaviours? Did I have any automatic negative reactions?

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

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 feeling:

How intense were the feelings (0 to 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.