

# Anxiety-Triggering Situations Panic Attack Worksheet

## *Patient Information*

- **Name:**
- **Date:**
- **Therapist/Professional:**

## *Instructions*

- This worksheet is designed to help identify and manage anxiety-triggering situations leading to panic attacks. Please complete it to the best of your ability.
- Be specific when describing your experiences and thoughts about panic attacks.
- This information will assist in developing a personalized treatment plan and interventions.

## Identify Triggering Situations

List situations, places, or events that commonly trigger panic attacks.

- 1.
- 2.
- 3.
- 4.
- 5.

## Physical and Emotional Responses (H3)

For each triggering situation, describe the physical and emotional responses you experience during a panic attack.

### **Situation 1:** Crowded Elevators

- Physical Responses
  - 
  -
- Emotional Responses
  - 
  -

**Situation 2:** Public Speaking

- Physical Responses
  - 
  -
- Emotional Responses
  - 
  -

Analyze Cognitive Patterns

Consider your thought processes during each situation. Identify any cognitive distortions or negative beliefs.

**Situation 1:** Crowded Elevators

- Specific Thoughts or Beliefs
  - 
  -
- Cognitive Distortion:

**Situation 2:** Public Speaking

- Specific Thoughts or Beliefs
  - 
  -
- Cognitive Distortion:

Assess Behavior and Coping Mechanisms

Examine how you typically behave when confronted with anxiety-triggering situations. Include avoidance behaviors or safety mechanisms.

**Situation 1:** Crowded Elevators

- Typical Behavior:
- Coping Mechanism:

**Situation 2:** Public Speaking

- Typical Behavior:
- Coping Mechanism:

## Develop Coping Strategies

Based on your analysis, create proactive coping strategies for each anxiety-triggering situation.

### **Situation 1:** Crowded Elevators

- Coping Strategies

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### **Situation 2:** Public Speaking

- Coping Strategies

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