

# Becoming Aware of Upsetting Thoughts: Panic Attack Worksheet

*Patient Information:*

- **Name:**
- **Date:**

*Instructions:* This worksheet is designed to help patients become aware of upsetting thoughts and cognitive triggers that may contribute to panic attacks. Please fill out the following information and discuss it with your healthcare practitioner.

## **1. Describe the Situation:**

- Briefly describe the situation or circumstance that triggered your panic attack.

## **2. Recognize Automatic Negative Thoughts:**

- List any automatic negative thoughts that went through your mind during the panic attack. For example:
  - Catastrophic thinking:
  - Overgeneralization:
  - Personalization:

## **3. Rate Distress Levels:**

- On a scale of 1 to 10, where 1 is minimal distress and 10 is the highest distress imaginable, rate how distressing these thoughts were during the panic attack.

## **4. Challenge Negative Thoughts:**

- With the help of your healthcare practitioner, challenge and reframe these automatic negative thoughts. Are there more rational, balanced, or positive ways to interpret the situation?

## **5. Identify Cognitive Distortions:**

- Discuss with your healthcare practitioner whether any common cognitive distortions, such as "all-or-nothing thinking" or "mind-reading," were present in your thought patterns.

## **6. Develop Coping Strategies:**

- Work with your healthcare practitioner to develop practical coping strategies for dealing with upsetting thoughts in the future. These strategies may include deep breathing exercises, grounding techniques, or cognitive restructuring.

## **7. Homework/Action Plan:**

- Outline any homework assignments or action steps you will take before your next session to practice these coping strategies in real-life situations.

## **8. Progress and Feedback:**

- During your next session, discuss your progress in becoming aware of upsetting thoughts and how the coping strategies work for you.

## **Notes:**

- Healthcare practitioners, please record any additional observations, insights, or recommendations based on the patient's responses.