

Catastrophic Thinking Panic Attack Worksheet

Name	Date
<p>Identify the specific trigger or situation that led to your panic attack. Write it down in detail.</p>	
<p>Write down the catastrophic thoughts that are racing through your mind during the panic attack. These are typically irrational and exaggerated thoughts that make the situation feel much worse than it is.</p>	
<p>For each catastrophic thought you've listed, challenge it with rational and evidence-based thinking. Ask yourself the following questions.</p>	
<p>Is this thought based on facts and evidence?</p>	
<p>Am I jumping to conclusions without sufficient evidence?</p>	
<p>Have I experienced this situation before, and how did it turn out?</p>	

What is the worst-case scenario, and is it really as bad as I'm making it out to be?

What is the most likely outcome?

Engage in grounding techniques to bring yourself back to the present moment. Use your senses to anchor yourself in reality.

Find five things you can see around you and describe them.

Identify four things you can hear right now.

Note three things you can touch or feel.

Recognize two scents or smells around you.

If you can, identify one taste in your mouth or think of your favorite taste.

Additional notes