

# Coping Statements for Panic Attacks Worksheet

*Patient Information:*

- **Name:** \_\_\_\_\_
- **Date:** \_\_\_\_\_

**Instructions:** During panic attacks, our thoughts and self-talk can significantly impact our experience. Coping statements are designed to help you manage and alleviate the distress of a panic attack. Fill in the following coping statements and use them as tools to regain control during these episodes.

## 1. Recognize the Panic Attack:

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## 2. Focus on Breathing:

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## 3. Remind Yourself of Past Success:

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**4. Emphasize Safety:**

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**5. Affirm Your Capability:**

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**6. Use Positive Affirmations:**

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**7. Self-Compassion:**

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**8. Stay Grounded:**

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**9. Reach Out for Support:**

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**10. Stay Mindful:**

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**Notes:** Feel free to add your coping statements or modify these to better suit your needs. Practice using these coping statements during periods of anxiety and panic. Remember that with time and practice, they can become powerful tools to help you regain control and reduce the intensity of panic attacks.