

# Grounding Technique Log - Panic Attack Worksheet

Client's Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Panic Attack Details:

### 1. Date and Time of Panic Attack:

- Date: \_\_\_\_\_
- Time: \_\_\_\_\_

### 2. Location:

- Where were you when the panic attack occurred?

### 3. Triggers:

- What do you think triggered the panic attack? (e.g., situation, thought, or feeling)

### 4. Duration:

- How long did the panic attack last?

## Physical Sensations:

### 1. List Physical Sensations:

- Note any physical symptoms experienced during the panic attack (e.g., rapid heartbeat, shortness of breath, sweating).

**Cognitive Thoughts:**

**1. Describe Negative Thoughts:**

- What negative or fearful thoughts were going through your mind during the panic attack?

**2. Rate Intensity:**

- On a scale of 1 to 10, how intense were these negative thoughts? (1 = mild, 10 = extreme)

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**Grounding Techniques Used:**

**1. Technique #1: \_\_\_\_\_**

**2. Technique #2: \_\_\_\_\_**

- Explain how you employed mindfulness to stay present during the attack.

**3. Technique #3: \_\_\_\_\_**

- Share any physical sensations or objects you used to anchor yourself in reality.

**Emotional State:**

**1. Rate Anxiety Level:**

- On a scale of 1 to 10, how anxious were you during the panic attack? (1 = calm, 10 = extreme anxiety)

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**2. Emotional Changes:**

- Describe any shifts in your emotional state during and after using grounding techniques.

**Post-Panic Reflection:**

**1. What Did You Learn?:**

- Reflect on what you learned from this panic attack and the effectiveness of grounding techniques.

**2. Future Strategies:**

- List any strategies or adjustments you plan to manage future panic attacks.