

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.