

Mindfulness Log for Panic Attacks Worksheet

Patient Information

Patient Name:

Date:

Therapist/Clinician:

Instructions

This worksheet is designed to help patients manage and cope with panic attacks through mindfulness techniques. Encourage the patient to complete this worksheet during and after panic attacks to promote mindfulness and self-awareness.

Panic Attack Triggers

Identify the situations, thoughts, or feelings that triggered the panic attack. List any observable triggers that the patient has recognized.

- 1.
- 2.
- 3.

Physical Sensations

During the panic attack, describe the physical sensations experienced. Include heart rate, breathing patterns, muscle tension, and other physical symptoms.

- 1.
- 2.
- 3.

Thoughts During the Attack

Record the thoughts, cognitions, or beliefs that arose during the panic attack. Pay attention to any catastrophic thinking or negative self-talk.

- 1.

2.

3.

Mindfulness Practice

Guide the patient through mindfulness techniques during the panic attack. Encourage them to focus on their breath and observe thoughts and sensations without judgment. Help them apply mindfulness in the moment.

Distress Rating

After practicing mindfulness, assess the patient's distress level on a scale from 1 to 10, with 1 being minimal distress and 10 being extreme distress.

- Initial Distress Level:
- Distress Level After Mindfulness:

Reflection and Feedback

Review the completed worksheet with the patient. Discuss what worked, what didn't, and how mindfulness techniques influenced the panic attack course. Encourage the patient to reflect on their experience and learn from it.

Therapist's Notes:

Provide additional insights, suggestions, or comments on the patient's progress, and tailor the next steps accordingly.