

Panic Attack Worksheet

Name:

Date:

Identify the Trigger

Describe the event, situation, or thought that triggered your panic attack. Be specific about the details that caused you to feel anxious or overwhelmed.

Physical Sensations

List the physical sensations you experienced during the panic attack.

Thoughts and Cognitive Patterns

Write down the thoughts that were going through your mind during the panic attack. Identify any distorted or irrational thoughts that contributed to your anxiety.

Emotions and Feelings

Describe the emotions you felt during the panic attack. Be specific about the intensity and duration of each emotion.

Coping Strategies

Reflect on the strategies you used to cope with the panic attack. Identify which coping mechanisms were helpful and which were ineffective.

Self-Care

Write down self-care activities that you find soothing and calming. Consider activities that promote relaxation, stress reduction, and emotional well-being.

Seeking Support

Identify people in your support system whom you can reach out to during a panic attack.

Reflection and Learning

Reflect on what you have learned from this panic attack episode. Identify any patterns or triggers that you have discovered.