

# 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.*