

# Recreating Physical Discomfort Panic Attack Worksheet

## *Patient Information:*

- **Name:**
- **Date:**
- **Therapist:**

## *Instructions:*

This worksheet is designed to help the patient and the healthcare practitioner understand the physical sensations and triggers associated with panic attacks. By systematically recreating and analyzing these discomforts, we aim to develop strategies for managing and eventually reducing the frequency and intensity of panic attacks. Please complete this worksheet after experiencing a panic attack or discussing a recent episode.

## *Panic Attack Episode Details:*

- **Date and Time of the Panic Attack:**
- **Location where the Panic Attack Occurred:**
- **Triggers or Stressors Leading to the Attack:**

## *Physical Sensations:*

Please rate the intensity of the following physical sensations during the panic attack on a scale of 1 to 10, with 1 being mild and 10 being severe:

- **Heart palpitations:**
- **Shortness of breath:**
- **Chest pain or discomfort:**
- **Nausea or stomach discomfort:**
- **Dizziness or lightheadedness:**
- **Sweating:**
- **Trembling or shivering:**
- **Feeling hot or cold:**
- **Numbness or tingling:**
- **Other (please specify):**

***Thoughts and Emotions:***

What thoughts and emotions were running through your mind during the panic attack? Describe them briefly.

- **Thoughts:**
- **Emotions:**

***Behavioral Responses:***

Did you engage in any specific behaviors during or in response to the panic attack? Please describe.

- **Behaviors:**

***Relaxation and Coping Strategies:***

List any relaxation or coping strategies you tried during the panic attack. Please indicate their effectiveness (e.g., deep breathing, grounding techniques, positive self-talk).

- **Strategies:**
- **Effectiveness:**

***Post-Episode Reflection:***

Reflect on the panic attack episode. What could you have done differently to manage it better, and which strategies might you apply in the future?

- **Improvements:**

- **Future Strategies:**