

Success At Using Coping Statements During Panic Attack

Applicant Details:

Name: _____ Date: _____

Session Number: _____

Distressing Thoughts & Feelings:

Detail any unsettling thoughts and feelings you are currently encountering.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

Coping Statement Used:

List the coping statement(s) you applied in response to these thoughts and feelings.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

Anxiety & Fear Level Before Coping Statement:

Rate the intensity of your anxiety and fear prior to using the coping statement.

Rating: _____ (1 = minimal distress, 10 = extreme distress)

Anxiety & Fear Level After Coping Statement:

Rate the intensity of your anxiety and fear after reflecting on the coping statement.

Rating: _____ (1 = minimal distress, 10 = extreme distress)

Behavioral Changes Due to Coping Statements:

Describe any changes in your behavior as a result of the positive coping statements.

a. _____

b. _____

c. _____

d. _____

Notes:

Use this section to jot down any additional observations, thoughts, or areas to focus on in the future.

a. _____

b. _____

c. _____

d. _____

e. _____

Source: Shapiro, L. E., PhD. (2017). The Panic Attack Workbook. [Cover by M. Canavan]. Norwalk, CT: Between Sessions Resources pg. 34