

PANIC ATTACK THERAPY WORKSHEETS: VERSION 2

Know your triggers and identify the anxiety-provoking stimulus

Deep breathing and calming exercises

Relaxation techniques are also taught to assist people to stay calm in stressful situations. Deep breathing exercises, progressive muscle relaxation (PMR), yoga, and meditation are among the common relaxation approaches.

Systematic Desensitization: Create a hierarchy of fears and one by one. Starting from least fearful to the most fearful start exposing yourself with the help of your therapist. Keep following things in your mind:

- Your Feared object or situation
- Consequences of the exposure
- Safety behaviors
- Triggers and the context of the fear

After all these things, start exposing yourself one by one.

The focus is on the sources of the anxiety