

Therapy Worksheet for Panic Attack: Version 2

On this page, we will provide you with a Therapy Worksheet for Panic Attack which will help you deal with your panic attacks.

What is a Therapy Worksheet for Panic Attack?

A panic attack is a psychological condition in which a person experiences a number of physical symptoms as an outcome of fear or intense discomfort. The abrupt onset of intense fear or discomfort reaches a peak within minutes which involves abrupt surges of intense fear or discomfort that peak within minutes. People with the disorder live in fear of having a panic attack. Panic disorder is characterized by persistent fear of having another panic attack after you have experienced at least one month (or more) of persistent concern or worry about additional panic attacks (or their consequences) recurring. This worksheet will tell you about how cognitive behavioral therapy will help you to manage your panic attacks.

How a Therapy Worksheet for Panic Attack will help?

It will help you gain knowledge about CBT therapy used to treat panic attacks so that you can have awareness before starting your or your loved ones' treatment. It can also help psychologists to make intervention plans for their clients.

Instructions on how to use a Therapy Worksheet for Panic Attack

Read the information carefully provided in the worksheet.

Conclusion

On this page, we provided you with a **Therapy Worksheet for Panic Attack** which hopefully helped you deal with your panic attacks.

If you have any questions or comments, please let us know

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One of the main goals of CBT is to assist a client in overcoming negative thought patterns so that they can make better decisions about their actions and behaviors. People with panic disorder are more vulnerable to negative ideas and self-defeating attitudes in general, which can lead to low self-esteem and anxiety.

(Cognitive Behavioral Technique)

Recognize and Replace Negative Thoughts: The client's negative cognitions or thought patterns will be identified first by the CBT therapist. A person can learn to notice their regular thought patterns and how they influence their behaviors by focusing on the thought process.

Symptoms

Physical Symptoms	Psychological Symptoms
Palpitations, pounding heart, or accelerated heart rate. Sweating. Trembling or shaking. Sensations of shortness of breath or smothering	



Automatic negative thoughts
Thoughts like, I am having a panic attack



Emotions I feel
(words or images)



Behaviour

anxious, fear, panic, overwhelmed



Consequences

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Challenge your Dysfunctional Automatic Thoughts.

Evidence to support your negative thoughts	Disapprove your negative thoughts



Create alternative/ Positive Automatic thoughts. Balanced thoughts, Think of the Alternative Thoughts, Positive and functional ones that can replace the dysfunctional thoughts.

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Behavioural techniques:

- **Exercises and homework:** To assist the client become conscious of their negative thoughts and learn to replace them with better ways of thinking, the therapist may employ a variety of activities and exercises. In addition, homework assignments are frequently given between sessions to assist the client in detecting and correcting incorrect thinking.
- **Writing exercises:** Journaling, keeping a gratitude notebook, utilising affirmations, and keeping a panic diary are all frequent CBT writing tasks.
- **Skill Building and Behavioral Changes:** Building on healthy coping mechanisms to overcome maladaptive behaviours is the next step in CBT. During this phase, the client will learn to create skills that will aid in stress reduction, anxiety management, and panic attack recovery.
- **Desensitization:** Desensitization is a frequent CBT approach for assisting clients in overcoming avoidance patterns. The CBT therapist gradually introduces the client to anxiety-producing stimuli while teaching him how to regulate his anxiety through systematic desensitisation.
- **Relaxation Techniques:** Relaxation techniques are also taught to assist people stay calm in stressful situations. Deep breathing exercises, progressive muscle relaxation (PMR), yoga, and meditation are among common relaxation approaches.