

Think about the unexpected physical sensations you experience associated with your panic and write these in the 'Physical' box. Next, think about what you do more of, or have stopped doing, when you experience these physical sensations and write these

in the 'Behaviours' box. Finally, in the 'Thoughts' box write examples of thoughts you have when experiencing the physical symptoms. Try to express these thoughts in a way that is as close as possible to the way you would express the thoughts verbally to yourself, or if the thought is an image try to describe it as best you can.

