

## OVERCOMING PANIC

Physical sensation	Negative thought	Challenging thought	Positive thought
Sweating	'I'm going to have a panic attack.'	'It's a hot day. I must be hot. I'm only sweating because of the heat. I'll just remove my jacket.'	'This isn't a panic attack. My sweatiness will go away as I cool down. I can cope.'

Figure 11. Challenging and changing negative thoughts