

## Common Thoughts

- I'm going to have a heart attack
- I'm about to collapse or faint
- I'm suffocating/struggling to breathe
- I'm about to lose control of my bladder or bowels
- I'm going to choke to death
- I'm going 'mad'
- I'm about to vomit
- I'm about to lose control and do something crazy
- I'm making a complete fool of myself in front of others



Any other frightening thoughts (list them here)