

Your vicious circle

Now it is your turn. You can copy the diagram below to map out your own most recent or vivid panic attack. The checklists on pages 10–15 will help you complete the diagram and see exactly why and how the panic attack occurred. Ask yourself, ‘What symptoms of anxiety did I notice when I became anxious? What did I think was the worst thing that was happening to me when I noticed these symptoms (even though I now know that this did not happen)?’

