

Panic Attack Thinking Record

Situation What do you think triggered the panic attack?	Physical symptoms Underline or circle most frightening feeling	Emotion/s What was the emotion? Rate intensity of emotion (0-100%)	Unhelpful Thoughts or Images Write most unhelpful or distressing thoughts or images How much do you believe that thought? 0-100%	Response to Thought What would be a rational & more balanced perspective? How much do you believe this different perspective? 0-100%	Outcome What did you do? What was helpful? Describe emotion (one word) Re-rate intensity of emotion 0-100%
What was happening? Who with? Where? When? What were you doing?	Did you feel in your body? Where did you feel it? List all: E.g. heart palpitations, chest pain, breathless, choking, nausea, dizziness, hot, sweating, and shaking.	Describe the emotion in one word (fear, panic, anxiety, terror, etc)	What was the worst that you thought might happen? What would be the worst thing about that?	Is this fact or opinion? Is there another way of looking at this? What would someone else make of this? What advice would I give a friend? Is my reaction in proportion? Is the problem that something terrible is going to happen- or is it my belief that something terrible is going to happen that is causing physical symptoms of anxiety?	What are the consequences of acting this way? What will help most? What would be the best thing to do for me, and for this situation?

