

HANDOUT 8-A

COPING STATEMENTS FOR PANIC

What catastrophic thoughts do you have? (e.g., "I can't stand this." "I'm in danger." "I'm dying." "This might be a heart attack.")

What are some facts that you can use to counteract your catastrophic thoughts? (e.g., "These responses are normal." "Your body is trying to protect you." "These responses are a lot like being excited, angry, or exercising.")

What questions can you ask yourself to counteract these catastrophic thoughts? (e.g., "How many of your past attacks have eventually ended?" "If you had to feel this way to save the life of a loved one, would you do it?")

Write a list of coping statements to help you cope with a panic attack. (e.g., "This feels bad, but I know I'm safe." "I can practice my breathing until it passes.")

HANDOUT 8-B
DEVELOPING EXPERIMENTS TO TEST YOUR FEARS IN A PANIC ATTACK

What catastrophic fears do you have in a panic attack? (e.g., "I'm dying!" "I'm losing control!")

What behavioral or mental experiments can you conduct in the moment to test the validity of your fears? ("Can I jog in place?" "Can I hold my breath?" "Can I count to 100 by 5's?" "Can I recite the Pledge of Allegiance?")