

# CBT Worksheet For Panic Disorder

## What Triggered the Panic?

Describe what happened just before you felt the panic or fear.  
(Where were you? What were you doing or thinking?)

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## What Were the Symptoms?

What physical sensations did you notice?

- Racing heart    Shortness of breath    Dizziness  
 Chest tightness    Shaky or numb    Hot/cold flashes  
 Feeling detached/unreal    Other: \_\_\_\_\_

Rate intensity (0–10): \_\_\_\_ / 10

## What Did You Think Was Happening?

Write down the scary or catastrophic thought.

(Example: “I’m going to faint,” “I’m having a heart attack,” “I’m losing control.”)

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## Check the Facts

Ask yourself:

- Have I felt this before and survived it?
- Is it dangerous or just uncomfortable?
- What would I tell a friend having this thought?

New helpful thought:

(Examples: “My body is reacting, but I’m safe,” “It will pass soon, like it always does.”)

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## Panic Calming Tools (Try One Now)

- Belly Breathing:** Inhale 4 – Hold 4 – Exhale 6  
 **Grounding:** Name 5 things you see, 4 you feel, 3 you hear  
 **Movement:** Walk or stretch to discharge adrenaline  
 **Mantra:** “This is temporary. I am okay.”  
 **Cold Splash or Ice:** Helps calm physical symptoms

What I used: \_\_\_\_\_

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## What Did I Learn?

- What helped me calm down?
  - What can I try next time?
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