

Panic Attack Thought Record Sheet

Trigger Situation	Physical symptoms	Emotion(s) (0 - 10)	Negative Thought Image How much do you believe that thought? (0 - 10)	Response to Thought	Outcome Re-rate your emotion(s) (0 - 10)
<p><i>Describe what was going on, where were you, when did it happen, who you were with?</i></p> <p><i>What were you doing?</i></p>		<p><i>Describe your emotion in one word e.g. panic, terror, anxiety, fear, etc</i></p>	<p><i>What is the worst thing that could happen? What is the worst thing about that?</i></p>	<p><i>Is this fact or opinion?</i></p> <p><i>Was the problem really about something terrible is going to happen or is it my belief that something terrible is going to happen that was causing physical symptoms of anxiety?</i></p>	<p><i>What consequences did you consider?</i></p> <p><i>What will be the most helpful for me in this situation?</i></p>