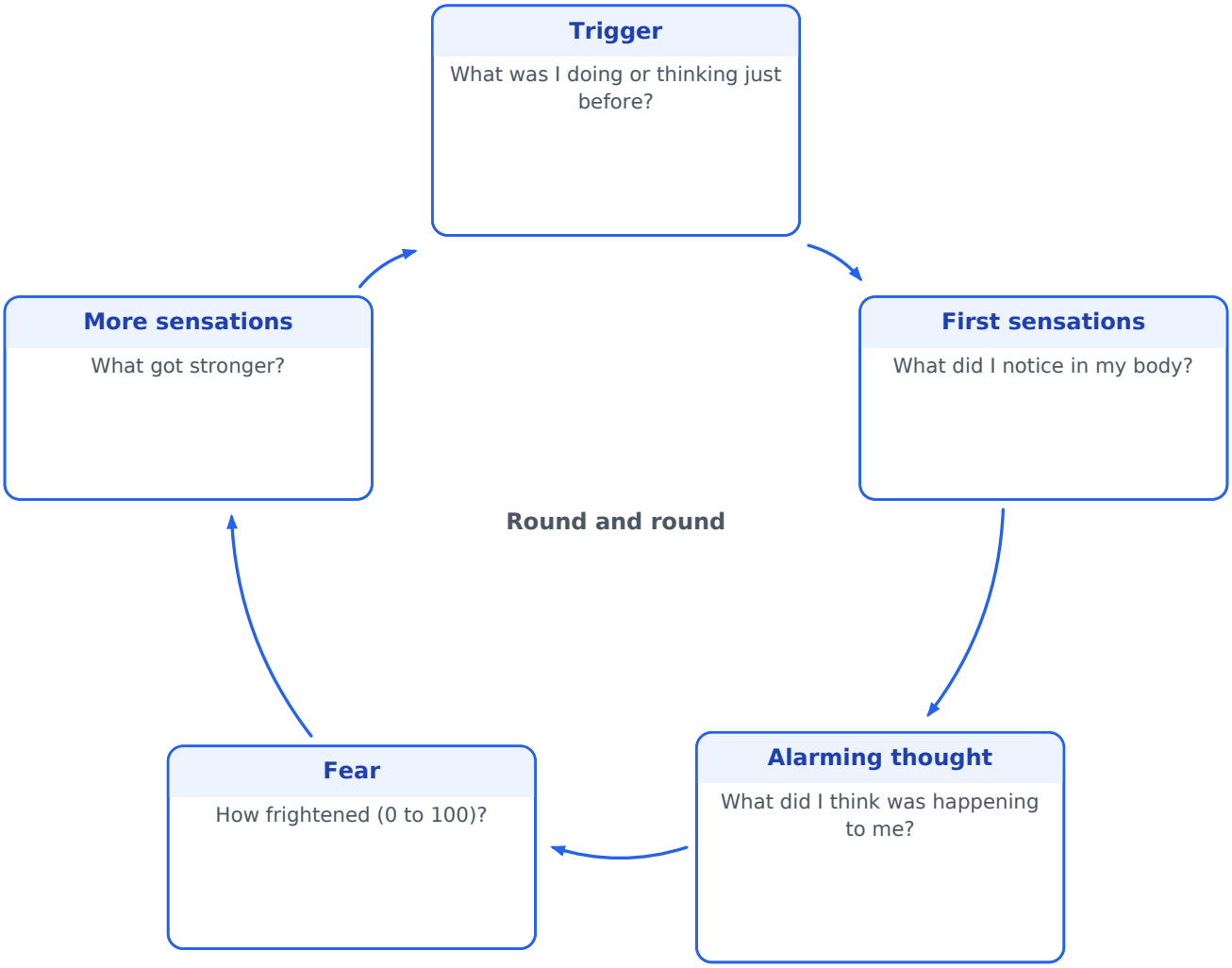
My panic cycle

Map your most recent or most typical panic attack.

Name _____ Date _____

When and where did it happen?



What did I do to try to stop it or keep safe?

What actually happened in the end? Did the thing I feared happen?

What does that tell me?

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This handout supports your therapy. It does not replace professional advice.