My panic safety behaviours

Tick the precautions you use, then plan to drop them one at a time.

Name _____ Date _____

Tick everything you do, or have done, to prevent a panic attack or keep yourself safe during one.

During anxiety or panic

- [ ] Sit down or lie down
- [ ] Hold on to something or someone
- [ ] Take deep breaths or open a window
- [ ] Sip water
- [ ] Leave the situation
- [ ] Distract myself (phone, counting, music)
- [ ] Check my pulse
- [ ] Take a tablet "just in case"
- [ ] Tense up to stay in control
- [ ] Phone someone

To prevent it happening

- [ ] Only go out with a trusted person
- [ ] Stay near exits or sit at the end of the row
- [ ] Carry water, tablets or a phone at all times
- [ ] Avoid exercise, caffeine, heat or anything that changes how my body feels
- [ ] Avoid queues, crowds, public transport or driving
- [ ] Avoid being far from home, or being alone
- [ ] Plan escape routes in advance

Safety behaviour	What I fear would happen without it	How hard to drop (0 to 10)

The first one I will experiment with dropping, and when

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