Testing a panic prediction

Plan a test of what you fear will happen in a panic attack.

Name _____ Date _____

What I believe will happen if I panic and do not protect myself

How strongly do I believe it?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Completely

If I am right, what exactly would we see? How would we know it had happened?

The experiment. What will I do to test it, and which safety behaviours will I drop?

What happened

If the catastrophe did not happen, why not? (Be honest: was it luck, a safety behaviour, or because it was never going to?)

How strongly do I believe the prediction now?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Completely

What is the next experiment?

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com

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