

Avoiding What Makes You Anxious Panic Attack Worksheet

Name: _____ Date: _____

Healthcare practitioner: _____

Instructions: This worksheet is designed to help you identify and manage the situations or triggers that contribute to your panic attacks. Please complete it honestly and to the best of your ability. This information will be valuable in developing a treatment plan.

1. Identify recent panic attack episodes

Date and time:

Location:

Describe the situation or circumstances leading to the panic attack:

2. Triggers and physical sensations

List specific triggers (e.g., places, situations, thoughts) that provoke panic attacks.
Describe the physical sensations you experienced during the panic attack (e.g., racing heart, shortness of breath, dizziness):

3.. Thoughts and feelings

What were the thoughts running through your mind during the panic attack?
Describe your emotional state at the time (e.g., fear, helplessness):

4. Avoidance behaviors

List any behaviors or situations you have been avoiding due to your fear of panic attacks. How has this avoidance affected your daily life and relationships?

5. Coping strategies

Describe any coping strategies you have used during panic attacks. Were they effective? List any relaxation techniques or self-help methods you have tried:

6. Goals and objectives

What are your goals in managing panic attacks?
What specific objectives would you like to achieve in therapy?

Additional notes

Please use this space to provide any additional information or insights you believe are relevant to your panic attacks.