

UNHELPFUL COPING STRATEGIES FOR PANIC ATTACKS

Objective:

To identify unhelpful practices to cope with panic attacks.

Panic attacks are very scary, but they are not the result of actual danger. But panic attacks are terrifying and intensely uncomfortable, so of course the natural reaction is to avoid them at all costs. By doing so, however, you are acting in ways that strengthen the panic and make it more likely to reoccur. These strategies may give you temporary relief and safety, but in the long run you are left even more anxious about future attacks. This worksheet is designed to help you identify coping strategies that may actually contribute to the problem.

What do you think helps you to avoid panic attacks? What places, objects, and activities do you avoid?

What do you do to try to distract yourself?

What protective rules and rituals do you have?

If you are experiencing panic attacks then you should consult a qualified professional to help you overcome them. The following strategies are typically taught to individuals having panic attacks. These strategies help people see that their panic attacks are not based in reality and so there is no need to develop elaborate ways to cope with this fear.

If you are already seeing a therapist, and are learning about ways to handle panic attacks, rate these techniques from 1-5 according to how helpful each one has been, with 1 being not likely and 5 being very likely.

Mindfulness	1	2	3	4	5
Deep breathing	1	2	3	4	5
Exposure	1	2	3	4	5
Visualization	1	2	3	4	5
Meditation	1	2	3	4	5
Positive statements	1	2	3	4	5
Identifying Irrational	1	2	3	4	5
Thoughts	1	2	3	4	5