

Panic Cycle Worksheet

Map the loop between body sensations, interpretations, fear and the responses that follow. The goal is to understand the cycle - not force every sensation to disappear.

Safety note: New, severe, unfamiliar or unexplained physical symptoms should not automatically be assumed to be panic. Seek appropriate medical care when needed.

1 Notice -> 2 Map the cycle -> 3 Choose a response

Trigger or first change

What was happening when the episode began? What did you first notice?

Body sensations

What did you notice physically? Describe sensations before interpreting them.

Meaning / interpretation

What did your mind say the sensations meant?

Fear / attention shift

How intense did fear become? What did your attention lock onto?

What I did in response

Escape, avoidance, checking, reassurance, coping, or another action.

Short-term effect

What happened to anxiety immediately after your response?

What might this teach me?

What message could my brain learn from what happened next?

A different response to test next time

Choose something proportionate and safe. The aim is learning, not forcing maximum distress or perfect calm.
