

Cognitive Model of Panic

Internal / external Trigger
What were you thinking or what did you notice just before you started to feel you might panic?
(thought, feeling, sensation)

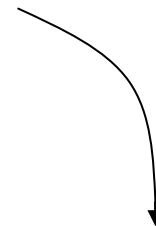
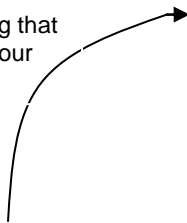


Perceived Threat
What did you think might happen?



Anxiety
What emotion/s did you experience at that time? How intense did it feel? (0-100%)

How did thinking that thought affect your anxiety?



Catastrophic Interpretation of Symptoms
When you noticed those physical sensations – what did you think was the worst that could happen? What did it mean? How much did you believe that would happen?
(0 – 100%)

Physical / Cognitive Symptoms
When you felt anxious / panicky, what did you notice in your body?

