<table>
<thead>
<tr>
<th>Situation</th>
<th>Physical symptoms</th>
<th>Emotion/s</th>
<th>Unhelpful Thoughts or Images</th>
<th>Response to Thought</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>What do you think triggered the panic attack?</td>
<td>Underline or circle most frightening feeling</td>
<td>What was the emotion? Rate intensity of emotion (0-100%)</td>
<td>Write most unhelpful or distressing thoughts or images</td>
<td>What would be a rational &amp; more balanced perspective? How much do you believe this different perspective? 0-100%</td>
<td>What did you do? What was helpful?</td>
</tr>
<tr>
<td>What was happening?</td>
<td>What did you feel in your body?</td>
<td>Describe the emotion in one word (fear, panic, anxiety, terror, etc)</td>
<td>What was the worst that you thought might happen?</td>
<td>Is this fact or opinion? Is there another way of looking at this? What would someone else make of this? What advice would I give a friend? Is my reaction in proportion? Is the problem that something terrible is going to happen-or is it my belief that something terrible is going to happen that is causing physical symptoms of anxiety?</td>
<td>What are the consequences of acting this way? What will help most? What would be the best thing to do for me, and for this situation?</td>
</tr>
<tr>
<td>Who with?</td>
<td>Where did you feel it? List all: e.g. heart palpitations, chest pain, breathless, choking, nausea, dizziness, hot, sweating, shaking.</td>
<td></td>
<td>What would be the worst thing about that?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>