

# Worksheet

Professional Version | US English

# Panic Diary



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## Description

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Effective treatment of panic involves (among other components): monitoring symptoms, identifying catastrophic thinking, and cognitive restructuring. This cognitive behavioral therapy (CBT) diary for panic targets all three of these areas. Record panic attack frequency along with information about accompanying body sensations and negative thoughts. There is additional space for a rational 'answer to the negative thought'.

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## References

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Barlow, D. H., & Craske, M. G. (2006). *Mastery of your anxiety and panic*. Oxford University Press.

Whalley, M. G. (2017). *Psychology tools for panic*. Psychology Tools.

# Panic Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Situation:							
Body sensations / mental events (e.g. racing heart, breathless, dizzy, racing thoughts):							
Negative thought:							
Answer to negative thought:							
Total number of panic attacks today:							

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**Resource details**

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