

Exercise

Professional Version | US English

Taking Panic Out Of The Body



Description

The *Taking Panic Out Of Your Body* worksheet tests how well you understand the fight or flight response.

Instructions

Think about what body symptoms you have when you experience anxiety, then use this worksheet to record: what you understand about that symptom, why you think you experience it, and what you think your body is trying to achieve which is causing the symptom.

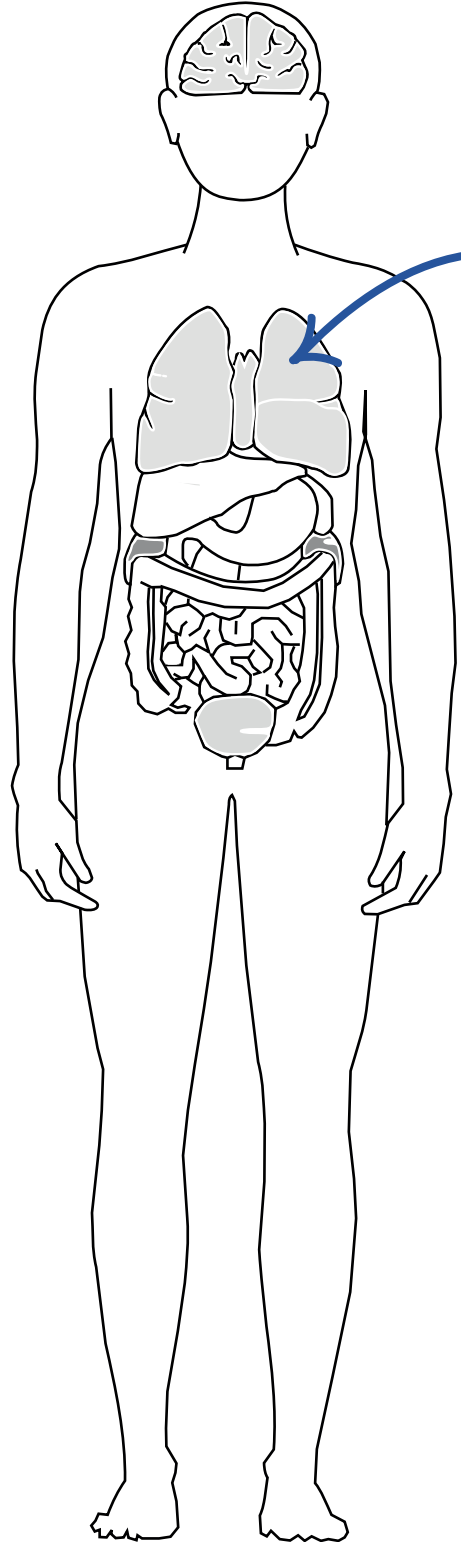
References

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

Taking Panic Out Of The Body

On the diagram write down what sensations you notice in your body or mind when you have a panic attack. Then, based on what you know about the *fight or flight system*, write down:

- the reason your body is reacting that way.
- something reassuring to say to yourself about this symptom that would make you feel better.



my breathing gets quicker when I feel in danger my body breathes quickly to take in lots of oxygen. Oxygen makes it better at fighting or running away. Although breathing quickly makes me feel light-headed it is not dangerous, and I can make myself feel better by slowing down my breathing.

Psychology Tools develops and publishes evidence-based psychotherapy resources. We support mental health professionals to deliver effective therapy, whatever their theoretical orientation or level of experience.

Our digital library encompasses information handouts, worksheets, workbooks, exercises, guides, and audio skills-development resources.

Our tools are flexible enough to be used both in-session and between-session, and during all stages of assessment, formulation, and intervention. Written by highly qualified clinicians and academics, materials are available in digital and printable formats across a wide range of languages.



Resource details

Title: Taking Panic Out Of The Body

Type: Exercise

Language: English (US)

Translated title: Taking Panic Out Of The Body

URL: <https://www.psychologytools.com/resource/taking-panic-out-of-the-body>

Resource format: Professional

Version: 20230721

Last updated by: JP

Terms & conditions

This resource may be used by licensed members of Psychology Tools and their clients. Resources must be used in accordance with our terms and conditions which can be found at: <https://www.psychologytools.com/terms-and-conditions/>

Disclaimer

Your use of this resource is not intended to be, and should not be relied on, as a substitute for professional medical advice, diagnosis, or treatment. If you are suffering from any mental health issues we recommend that you seek formal medical advice before using these resources. We make no warranties that this information is correct, complete, reliable or suitable for any purpose. As a professional user, you should work within the bounds of your own competencies, using your own skill and knowledge, and therefore the resources should be used to support good practice, not to replace it.

Copyright

Unless otherwise stated, this resource is Copyright © 2023 Psychology Tools Limited. All rights reserved.