



Therapy Worksheet for Panic Attacks

Recall your past panic attacks and fill out the table accordingly.

Panic attack history	What are the physical symptoms that you experience during a panic attack?	What are the thoughts racing through your head at the time?	What strategies have you used to manage your panic attacks? Write about the ones that helped and ones that did not.
<p>How many panic attacks have you had in the past month?</p> <p>How long did they approximately last?</p> <p>What are some triggers that you have identified?</p>			

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Reference

[Welsh, E. \(2019\). *The Cognitive Behavioral Therapy Workbook for Panic Attacks*. Althea Press.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.