NOTICE • EXPLAIN • RECOVER

Panic thought record

Understand the alarm and find a steadier interpretation

Panic sensations are real and frightening. This sheet helps you examine the meaning attached to them and what supported recovery.

TRIGGER	BODY & INTENSITY	FEARED MEANING	SAFETY BEHAVIOURS	BALANCED EXPLANAT	OUTCOME
Where and when?	Sensations; 0-100.	What did I think would happen?	What did I do to escape, check or prevent?	What else fits the facts?	What happened and what helped?