Panic Formulation

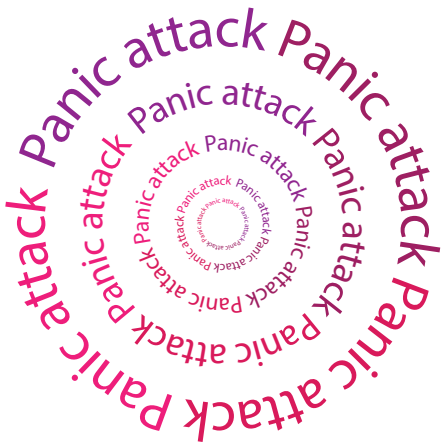
Situation or trigger

What did you notice just before the panic started?
Who were you with? What was happening?
Where were you? When did it happen?

Triggers can be:
- Internal (e.g. a body sensation or a thought)
- External (e.g. a situation, event, something that somebody did)

Emotions

What did you feel emotionally?
(e.g. anxious, nervous, scared, terrified)



Interpretation of your symptoms

In that moment, what did you think was happening or going to happen?

Physical symptoms

What symptoms or body sensations did you experience?

Safety behaviours

What did you do to prevent your fears from coming true?
What precautions did/do you take to prevent future panic attacks?

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