

BLANK WORKSHEETS

Specific Situation Safety Behaviours HEIRARCHY worksheet

'Situation Specific' Safety Behaviours HIERARCHY
Ordered from least depended upon to most

SPECIFIC SITUATION (*ie Shopping Centre*)

SAFETY SEEKING
In this particular situation

-
-
-
-
-
-
-
-
-
-
-
-
-
-

GRADUATED EXPOSURE WORKSHEET

SITUATION feared or avoided ANXIETY LEVEL (0 to 10)
(STEP number of Smaller Steps Fear Hierarchy)

Usual SAFETY BEHAVIOURS

Exposure GOAL (include)

INTERCEPTIVE EXPOSURE WORKSHEET (for one exercise over 8 days)

Feared PHYSICAL SENSATION to be tested	Usual SAFETY BEHAVIOUR(S)		
ANXIOUS THOUGHT(S) / PREDICTION	How much do you believe this on a scale from 0 to 100% <input type="checkbox"/> %		
ALTERNATIVE PERSPECTIVE based on new understanding (creates a Flashcard)	How much do you believe this on a scale from 0 to 100% <input type="checkbox"/> %		
<p>INTERCEPTIVE EXERCISE</p> <p>DURING the exposure OBSERVE Fear Cycles</p> <p>How thoughts affect body</p> <p>Effect of not using Safety Behaviour</p> <p>Any new safety Behaviours?</p> <p>The environment around you?</p> <p>Effect of new understanding / skills</p>			
OUTCOME Day 1	OUTCOME Day 2	OUTCOME Day 3	OUTCOME Day 4
Anxiety Level 0 - 10 BEFORE DURING AFTER	Anxiety Level 0 - 10 BEFORE DURING AFTER	Anxiety Level 0 - 10 BEFORE DURING AFTER	Anxiety Level 0 - 10 BEFORE DURING AFTER
OUTCOME Day 5	OUTCOME Day 6	OUTCOME Day 7	OUTCOME Day 8
Anxiety Level 0 - 10 BEFORE DURING AFTER	Anxiety Level 0 - 10 BEFORE DURING AFTER	Anxiety Level 0 - 10 BEFORE DURING AFTER	Anxiety Level 0 - 10 BEFORE DURING AFTER

When completed rate any CHANGE in degree of belief of

• Anxious Prediction % • Alternative Perspective %

PANIC ATTACK DIARY

Date	Time	Location / Situation / Activity	Severity (from 0 to 10)	Expected or not?
				Yes No
MAIN SYMPTOMS				
TYPE OF REACTION		TYPE OF REACTION		
Catastrophising		Misinterpreting		
Misinterpreting		Avoidance / Escape		
Avoidance / Escape		Safety Behaviour		
		Anticipatory Anxiety		
		Physical Symptom		
PANIC				
PANIC				

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Caroline Stewart & Robin Hall
Overcome Panic Attacks & Agoraphobia
Blank Worksheets ebook

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Identifying underlying anxious thoughts

USING THE DOWNWARD ARROW TECHNIQUE

SURFACE LEVEL PANIC THOUGHTS

QUESTIONS to help take you to the ROOT thought



What do you think will happen?

Why would that be so bad? - Why would that be so catastrophic?

What would that say about you? - your life

What is the worst that you think will happen?

UNDERLYING CATASTROPHIC THOUGHTS / BELIEFS

PANIC SEQUENCE PROFILE

SITUATION / TIME / PLACE

--

ANY OBSERVATIONS PRIOR TO PANIC

--	--

TYPE OF REACTION

- if. Catastrophising
- Misinterpreting
- Avoidance / Escape
- Safety Behaviour
- Anticipatory Anxiety
- Physical Symptom

HOW THE PANIC ATTACK UNFOLDED
(Physical sensations / Thoughts / Behaviour)

THOUGHTS / BEHAVIOUR AFTER THE PANIC

--	--

PANIC ATTACK DIARY

Date	Time	Location / Situation / Activity	Severity (from 0 to 10)	Expected or not?	
				Yes	No

MAIN SYMPTOMS

Palpitations / Heart racing

Dizziness / faint

Choking / 'Lump in throat'

Tight chest

Shortness of breath

'Wobbly' legs

Sweating

Feeling 'unreal'

Dry mouth

Hot / cold flushes

Trembling / shaking

Tightness across head

Blurred vision

Nausea

Churning stomach

Diarrhoea

Feelings of numbness

Tingly fingers or face

Floating feeling

PANIC THOUGHTS

ALTERNATIVE EXPLANATIONS

DEEPER FEARS / BELIEFS
(why are the above thoughts
so 'catastrophic')



SAFETY BEHAVIOUR / AVOIDANCE

INTEROCEPTIVE EXPOSURE WORKSHEET (for one exercise over 8 days)

Feared PHYSICAL SENSATION to be tested	Usual SAFETY BEHAVIOUR(S)		
ANXIOUS THOUGHT(S) / PREDICTION How much do you believe this on a scale from 0 to 100%			
<input style="width: 40px; height: 20px;" type="text"/> %			
ALTERNATIVE PERSPECTIVE based on new understanding (create a Flashcard) How much do you believe this on a scale from 0 to 100%			
<input style="width: 40px; height: 20px;" type="text"/> %			
<h3 style="color: #4F81BD; margin: 0;">INTEROCEPTIVE EXERCISE</h3> <p style="margin: 10px 0 0 0;">(Additional Experiment)</p>	DURING the exposure OBSERVE Fear Cycles How thoughts affect body Effect of not using Safety Behaviour Any new safety Behaviours? The environment around you? Effect of new understanding / skills		
OUTCOME Day 1	OUTCOME Day 2	OUTCOME Day 3	OUTCOME Day 4
Anxiety Level 0 - 10 BEFORE DURING AFTER	Anxiety Level 0 - 10 BEFORE DURING AFTER	Anxiety Level 0 - 10 BEFORE DURING AFTER	Anxiety Level 0 - 10 BEFORE DURING AFTER
OUTCOME Day 5	OUTCOME Day 6	OUTCOME Day 7	OUTCOME Day 8
Anxiety Level 0 - 10 BEFORE DURING AFTER	Anxiety Level 0 - 10 BEFORE DURING AFTER	Anxiety Level 0 - 10 BEFORE DURING AFTER	Anxiety Level 0 - 10 BEFORE DURING AFTER
When completed rate any CHANGE in degree of belief of <ul style="list-style-type: none"> • Anxious Prediction <input style="width: 40px; height: 20px;" type="text"/> % <li style="margin-left: 20px;">• Alternative Perspective <input style="width: 40px; height: 20px;" type="text"/> % 			

*Top 10 situations I am afraid of, avoid or endure with distress
(In no particular order)*

SITUATION OR PLACE

LEVEL OF ANXIETY

*(Subjective **U**nits of **D**istress)*

(From 0 to 10)

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

FEAR HEIRARCHY

The above situations listed from least anxiety provoking to most

SITUATION OR PLACE

LEVEL OF ANXIETY

*(Subjective **U**nits of **D**istress)*

(From 0 to 10)

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

SITUATION being used for exposure practice

(from overall Fear Heirarchy)

SMALLER STEPS FEAR HEIRARCHY

Exposure practice for the above situation broken down into small steps - from least anxiety provoking to most

LEVEL OF ANXIETY

*(Subjective **Units of Distress**)*
(From 0 to 10)

1 -----

2 -----

3 -----

4 -----

5 -----

6 -----

7 -----

8 -----

GRADUATED EXPOSURE WORKSHEET

SITUATION feared or avoided (STEP number <input type="text"/> of Smaller Steps Fear Heirarchy)	ANXIETY LEVEL (0 to 10)
Usual SAFETY BEHAVIOURS	
<i>Exposure GOAL</i> (Include any Safety Behaviour to be dropped)	
ANXIOUS THOUGHT(S) / PREDICTION	How much do you believe this on a scale from 0 to 100% <input type="text"/> %
ALTERNATIVE PERSPECTIVE based on new understanding	How much do you believe this on a scale from 0 to 100% <input type="text"/> %
TROUBLESHOOTING unforeseen problems	
OUTCOME / CONCLUSION - What have you learned? (Ideas for further experiments)	
<p style="text-align: right;">Rate any CHANGE in degree of belief of</p> <ul style="list-style-type: none">• Anxious Prediction <input type="text"/> %• Alternative Perspective <input type="text"/> %	

FLASHCARD for Exposure Practice

Fill in all the sections of the Flashcard

Making your A6
FLASHCARD
by folding an A4
sheet of paper

NORMALISING STATEMENTS _____ _____ _____ _____ _____ _____	FLASHCARD for Exposure Practice SITUATION feared or avoided EXPOSURE GOAL Date
_____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____
ACCEPTANCE BEHAVIOUR STRATEGIES	ALTERNATIVE PERSPECTIVE

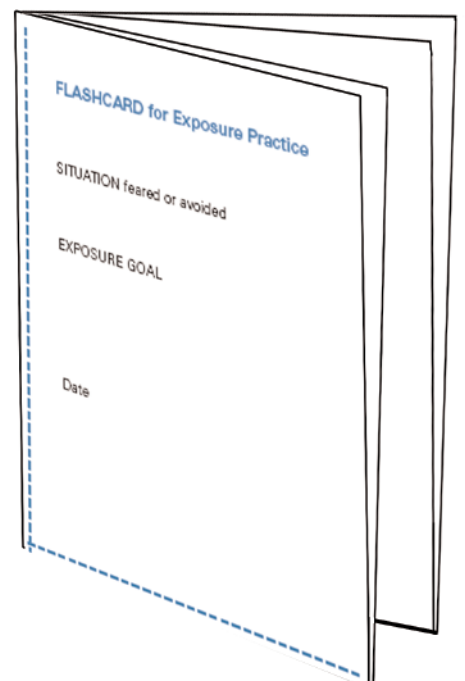
← Fold Here

Fold in Half

NORMALISING STATEMENTS _____ _____ _____ _____ _____ _____	FLASHCARD for Exposure Practice SITUATION feared or avoided EXPOSURE GOAL Date
---	--

↑
Fold Here

Then in Half again



NORMALISING STATEMENTS

FLASHCARD for Exposure Practice

SITUATION feared or avoided

EXPOSURE GOAL

Date

ACCEPTANCE BEHAVIOUR STRATEGIES

ALTERNATIVE PERSPECTIVE

DAILY LIFE Safety Behaviours HIERARCHY
(Ordered from least depended upon to most)

SAFETY SEEKING BEHAVIOUR

**LEVEL OF
DEPENDENCY**
(From 0 to 10)

'Dropped'
Put a 'tick'

1

2

3

4

5

6

7

8

9

10

11

12

13

14

'Situation Specific' Safety Behaviours LIST

(in no particular order)

SPECIFIC SITUATION *(ie Shopping Centre)*

SAFETY SEEKING BEHAVIOUR

**LEVEL OF
DEPENDENCY**

(From 0 to 10)



'Situation Specific' Safety Behaviours HIERARCHY

Ordered from least depended upon to most

SPECIFIC SITUATION (*ie Shopping Centre*)

SAFETY SEEKING BEHAVIOUR

In this particular situation

1

2

3

4

5

6

7

8

9

10

11

12

13

14

**LEVEL OF
DEPENDENCY**

(From 0 to 10)

'Dropped'

Put a 'tick'

OBSESSIONAL THOUGHTS DIARY

Date	Time	Location / Situation / Activity	Anxiety Level (from 0 to 10)
PHYSICAL SYMPTOMS Palpitations / Heart racing Dizziness / faint Choking / 'Lump in throat' Tight chest Shortness of breath 'Wobbly' legs		Sweating Feeling 'unreal' Dry mouth Hot / cold flushes Trembling / shaking Tightness across head Blurred vision	Nausea Churning stomach Diarrhoea Feelings of numbness Tingly fingers or face Floating feeling -----
THOUGHT TYPE - ie. racing / chattering / frightening / abstract / worry / thoughts about derealisation or depersonalisation etc			
How were you feeling just before the thoughts? ie. tired, fatigued, stressed, upset, anticipatory anxiety about some event or further panic attacks or obsessional thinking (or you may have been feeling ok)			
THOUGHT/S			
DEEPER FEARS / BELIEFS (why are the above thought/s so 'catastrophic')			
ALTERNATIVE PERSPECTIVE - based on your new understanding			
AVOIDANCE / THOUGHT CONTROL STRATEGIES			
HOW LONG did the thoughts stay at an extreme level - before they died down			

GRADUATED EXPOSURE WORKSHEET

THOUGHTS feared or avoided

ANXIETY LEVEL
(0 to 10)

Usual CONTROL STRATEGIES

Exposure GOAL (Include any Thought Control Strategies to be dropped)

ANXIOUS THOUGHT(S) / PREDICTION ABOUT EXPOSURE

How much do
you believe this
on a scale from
0 to 100%

%

ALTERNATIVE PERSPECTIVE based on new understanding

How much do
you believe this
on a scale from
0 to 100%

%

TROUBLESHOOTING unforeseen problems

OUTCOME / CONCLUSION - What have you learned? (Ideas for further experiments)

Rate any CHANGE in
degree of belief of

• Anxious Prediction %

• Alternative Perspective %