

## Worksheet 4

### Making change happen – limitations of living with panic disorder

List all the ways your panic attacks have limited your life to date

How might this problem impact your life in future if it remains the same or worsens?

How will it interfere with you achieving your life goals?

What have you had to sacrifice for this problem?

What would your life look like if you woke up tomorrow and you no longer experienced regular panic attacks? What would be different?

What do you need to put in place to give you the best chance of completing this self-help?