

Worksheet 7

My safety behaviours

What I do to stop myself from having panic attacks (e.g. avoid some situations – list them; escape situations if feeling uneasy; carry things like tablets or a water bottle; ensure I'm accompanied).

What I do during a panic attack to help me feel better (e.g. distraction; holding onto something; sitting/lying down; standing still/tensing muscles; moving slowly; controlling thoughts; taking medication/alcohol; controlling breathing; relaxation).