

Worksheet 11

Discovery experiment 2 – what makes me think something bad will happen?

Brief description of recent panic attack	Level of severity of panic attack (0–100)	Main body sensations	What I thought was going to happen	My evidence for my catastrophic thought being true

What have you learned from this exercise?					
Rate your level of belief in your catastrophic thought (from 0 = 'I don't believe it at all' to 100 = 'I believe it completely'): Before exercise: After exercise:					