

Worksheet 18

Consolidating learning from discovery experiments

List all the evidence you have collected so far that contradicts your worst fears about your panic-related sensations and safety behaviours and how they fit with the CBT model of panic.

What do you make of the evidence you have collected so far?

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: