

Worksheet 21

Early warning signs/red flags

Make a list of the things you think you are likely to experience as the first signs of problems recurring. Think back to a time when your panic disorder was first developing. Make a note of the changes you noticed in the following areas:



Your emotions	
Body sensations	
Patterns of your thinking	
Your behaviours: what you did more or less of (make sure you think about safety behaviours such as escape and avoidance)	