

Alternative Thoughts for Panic

Think of the worst panic attack you ever had.

Check off the sensations that you experienced	Monkey miscalculation for each sensation that you checked off	Alternative thought. What does the sensation really mean?
<input type="checkbox"/> Dizzy or light-headed		
<input type="checkbox"/> Increased heart rate, heart palpitations, tightness in chest		
<input type="checkbox"/> Difficulty breathing		
<input type="checkbox"/> Tingling or numbness in your face, hands, and feet		
<input type="checkbox"/> Nausea, nervous stomach, intestinal cramping or diarrhea, dry mouth or gag reflex		
<input type="checkbox"/> Vision changes or feelings of unreality		
<input type="checkbox"/> Hot and sweaty		
<input type="checkbox"/> Cold and clammy		
<input type="checkbox"/> Other sensation:		