

Panic Attack Worksheet 2

*Catastrophic Thoughts**

Catastrophic thoughts play a major role in aggravating panic attacks. Using the scale below, rate each of the following thoughts according to the degree to which you believe that each thought contributes to your panic attacks.

1 = Not at all 3 = Quite a lot
2 = Somewhat 4 = Very much

1. I'm going to die.	1	2	3	4
2. I'm going insane.	1	2	3	4
3. I'm losing control.	1	2	3	4
4. This will never end.	1	2	3	4
5. I'm really scared.	1	2	3	4
6. I'm having a heart attack.	1	2	3	4
7. I'm going to pass out.	1	2	3	4
8. I don't know what people will think.	1	2	3	4
9. I won't be able to get out of here.	1	2	3	4
10. I don't understand what's happening to me.	1	2	3	4
11. People will think I'm crazy.	1	2	3	4
12. I'll always be this way.	1	2	3	4
13. I'm going to throw up.	1	2	3	4
14. I must have a brain tumor.	1	2	3	4
15. I'll choke to death.	1	2	3	4
16. I'm going to act foolish.	1	2	3	4
17. I'm going blind.	1	2	3	4
18. I'll hurt someone.	1	2	3	4
19. I'm going to have a stroke.	1	2	3	4
20. I'm going to scream.	1	2	3	4
21. I'm going to babble or talk funny.	1	2	3	4
22. I'll be paralyzed by fear.	1	2	3	4
23. Something is really physically wrong with me.	1	2	3	4
24. I won't be able to breathe.	1	2	3	4
25. Something terrible will happen.	1	2	3	4
26. I'm going to make a scene.	1	2	3	4

* Adapted from "Panic Attack Cognitions Questionnaire" in *Coping with Panic: A Drug-free Approach to Dealing with Anxiety Attacks* by G. A. Clum. Copyright © 1990 by Brooks/Cole Publishing Company, a division of International Thomson Publishing Inc., Pacific Grove, CA 93950. Reprinted by permission of the publisher.