

MOST COMMON AUTOMATIC THOUGHTS WHEN ANXIOUS OR PANICKING

Directions: Check every automatic thought that you have when you start getting anxious or panicking.

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| I'll go insane | I'll embarrass myself |
| I'll lose control | I'll start yelling |
| I'll have a panic attack | I'll become violent |
| I'll have a heart attack | I'll start crying |
| I'll faint | I'll start shaking |
| I'll go into a coma | I'll kill or harm myself |
| I'll be unable to escape | I'll never stop; feeling this way |
| I'll be unable to get home | I'll vomit |
| I'll be unable to get to the bathroom | I won't be able to breathe |
| I'll choke | I'll die |

Other thoughts:

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