

Panic / Anxiety Blueprint

Use this document to capture the key learning points from the CBT process for panic / anxiety.

1. How did the anxiety / panic problem develop?

2. What factors kept it going?

3. What were the main body sensations that bothered you and how did you interpret them before and after undertaking CBT?

Body Sensation	Before	After

Panic / Anxiety Blueprint

4. What did you learn about your panic / anxiety symptoms?

5. What were the most unhelpful thoughts / assumptions / predictions? What alternative explanations did you identify?

Unhelpful Thoughts / Assumptions	Rational Alternative Interpretations

6. Describe the most helpful behavioural experiments and what you learnt.

Panic / Anxiety Blueprint

7. How can you continue to build on what you have learned?

8. How should you deal with anxiety / panic attacks (body sensations, thoughts or feelings) in the future?

9. What could cause a setback and how would you deal with this?

10. Use the model on the next page to draw your anxiety / panic cycle.

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