

Panic Disorder

Cognitive Thinking Patterns for Panic Disorder: Check boxes that you relate to.

Catastrophizing:	Imagining and believing in the worst-case scenario.	
Mind Reading:	Belief that others can see their panic symptoms and are judging them negatively.	
Fortune telling:	Predicting that the panic attack will only get worse or continue indefinitely.	
Personalizing:	Believing the panic attack is their fault or a sign of personal weakness.	
All or Nothing Thinking	Black or white thinking, all good or all bad, all in or all out.	
Overgeneralization:	Apply beliefs across the board, it will always be, I will never be, everybody, nobody thinking.	
Emotional Reasoning	Believing that because they are having a panic attack, something is truly wrong.	
Magnification	Exaggerating the significance of the symptoms	
Doomed to Suffer	Believing you are doomed to suffer from panic attacks the rest of your life.	
Self-Doubt	Believing you cannot handle to physical sensations of the panic attack. Doubt's ability to manage other life challenges.	