Connecting Body Symptoms and Catastrophic Thoughts

In the left-hand column below list body symptoms you rated 5 or 4 on the first *Panic Attack Worksheet*. Describe your most troublesome body symptoms, one at a time. Then list catastrophic self-statements from the second worksheet, "Catastrophic Thoughts," which you rated 4 or 3. *List those catastrophic statements you would be most likely to make in response to each particular body symptom*. For example, "Rapid heartbeat" is a body symptom that might elicit such catastrophic self-statements as, "I'm having a heart attack," and "I'm going to die."

Body Symptom:	Catastrophic Thoughts:
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