PRACTICAL RESOURCE

The Panic Pattern Map

A practical way to understand one panic episode and the sequence that kept it moving.

Use one episode
Panic is easier to understand when you map one real episode rather than describing panic in general. Pick a recent example that you can look at without overwhelming yourself.

Before the panic

Where were you? What were you doing? What had been happening in the minutes or hours beforehand?

The first thing I noticed

This might have been a thought, a body sensation, a memory, a change in breathing, a feeling of unreality or something in the environment.

What I thought it meant

Complete the sentence: **'When I noticed that, my mind told me...'**

What happened next?

Tick or add anything that fits.

- I monitored my body or breathing more closely
- I looked for an exit or escape
- I asked for reassurance
- I tried to force the sensations away
- I left, avoided or cancelled something
- I distracted myself urgently
- Something else: _____

What was I most afraid would happen?

What actually happened?

What did I learn from the episode?

Not 'I survived, therefore it was fine'. More useful questions are: What did my mind predict? What did my body do? What did I do to protect myself? Which parts of the prediction came true, and which did not?

For next time
Choose one small response you would like to practise differently. The goal is not to win a fight with panic. It is to create more choice in what you do when the alarm starts.

A useful boundary
New, unexplained or concerning physical symptoms should be medically assessed. This worksheet is for reflection, not diagnosis.