

Journal Prompts -Panic Attacks

Understanding Panic Attacks

1. What do I feel physically and emotionally during a panic attack? Can I identify specific sensations in my body or thoughts in my mind?
2. What are the common triggers for my panic attacks, and how can I begin to recognize them before they escalate?
3. How does my body respond during a panic attack? What physical symptoms do I experience most often (e.g., racing heart, difficulty breathing, dizziness)?
4. What thoughts run through my mind during a panic attack, and how can I challenge or reframe them to reduce the intensity?
5. How do I differentiate between what is happening in my body during a panic attack versus what is real or rational in the moment?

Managing & Coping with Panic Attacks

6. What coping strategies have I tried when experiencing a panic attack, and how effective have they been for me?
7. How do I ground myself when I feel the onset of a panic attack? Are there specific grounding techniques that help me (e.g., deep breathing, focusing on surroundings)?
8. How do I comfort myself during or after a panic attack, and how can I create a plan to implement these self-soothing techniques when needed?
9. What role does mindfulness or meditation play in helping me manage panic attacks, and how can I integrate these practices into my daily routine?
10. When I experience a panic attack, what words or affirmations can I use to remind myself that I am safe and the attack will pass?

Triggers & Prevention

11. How do I feel before a panic attack? Are there subtle warning signs or emotions that I can tune into to prevent or prepare for an attack?
12. Are there specific environments or situations where my panic attacks are more likely to happen? How can I reduce exposure to these triggers or prepare for them?
13. How do I handle stressful or overwhelming situations, and what strategies can I implement to prevent panic attacks from arising?
14. How can I practice self-care and build resilience to reduce the frequency or intensity of panic attacks over time?
15. How does my lifestyle (e.g., diet, exercise, sleep) influence my panic attacks, and what positive changes can I make to support my mental health?

Impact & Reflection

16. How do panic attacks affect my daily life, relationships, and sense of well-being? What areas of my life are most impacted by them?
17. How do I feel about myself after experiencing a panic attack? What thoughts do I have about my worth, capabilities, and control?

18. How have my panic attacks changed over time? Are they more or less frequent, and what patterns have I noticed in their progression?
19. How do I feel about seeking help for my panic attacks? Do I feel supported by others, and what resources can I access to help me cope?
20. What positive steps have I taken to manage or reduce panic attacks, and how can I celebrate those accomplishments?

Empowerment & Moving Forward

21. What strengths have I discovered in myself as I cope with panic attacks? How can I acknowledge and build on these strengths?
22. How can I reframe my perspective on panic attacks from something that controls me to something I can manage with time and effort?
23. What small steps can I take each day to increase my sense of control and confidence in handling panic attacks?
24. How do I want to feel during or after a panic attack, and what can I do to shift my mindset toward self-compassion and resilience?
25. How can I support myself when I feel anxious or fearful of having another panic attack in the future?