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**Panic Attack Coping Statements**

This feeling isn’t comfortable or pleasant, but I can accept it

I can be anxious and still deal with this situation

I can handle these symptoms or sensations

This isn’t an emergency. It’s OK to think slowly about what I need to do

This isn’t the worst thing that could happen

I’m going to go with this and wait for my anxiety to decrease

This is an opportunity for me to learn to cope with my fears

I’ll just let my body do its thing. This will pass.

I’ll ride this through – I don’t need to let this get to me

I deserve to be OK right now

I can take all the time I need in order to let go and relax

There’s no need to push myself. I can take as small a step forward as I choose.

I’ve survived this before and I’ll survive this time, too.

I can do my coping strategies and allow this to pass.

This anxiety won’t hurt me – even if it doesn’t feel good.

This is just anxiety – I’m not going to let this get to me.

Nothing serious is going to happen to me.

Fighting and resisting this isn’t going to help – so I’ll just let it pass

These are just thoughts – not reality

I don’t need these thoughts – I can chose to think differently

This isn’t dangerous.

So what.

Don’t worry be happy. (Use this to inject an element of lightness or humor).

*If you have frequent panic attacks, I suggest writing your favourite coping statement on a card in your purse or wallet or on your mobile phone so you can refer to it when you feel a panic coming on.*

(Taken from the Anxiety and Panic Workbook by Edmund J Bourne)