

1. **Write down the thoughts** that you have during a panic attack. Be as specific as you can! Different thoughts will prompt different anchoring statements.
2. **Craft an anchoring statement:** a pre-made statement you can repeat during a panic attack which will remind you that a panic attack is only a temporary state. This will help to reduce the intensity of your panic attack.

Examples

“This may be uncomfortable but I will live through it.”

“I’ve seen my doctor I know that I’m healthy and my body can take care of this.”

“I’ve experienced this before and it always passes.”

Now it’s YOUR turn!

1. **Identify** the compulsive action or behavior you would like to stop.
2. **List** a number of alternative actions or behaviors you can use to help you interrupt the compulsive behavior cycle. Be creative! Invite your friends to assist you in identifying things you can do to help you accomplish your goal. List these ideas under “Response Prevention.”

Examples

Compulsive Action:

Checking phone every few minutes for new texts/e-mails

Response Prevention:

Give phone to a friend for 20 minutes. Hide phone in a drawer for 20 minutes.

Now it's YOUR turn!

1. **Write down** the thought(s) you are having that you would like to change. These may be thoughts that are intrusive, irrational, unproductive, or self-defeating.
2. **Compose** a phrase that specifically addresses and soothes the thought(s).
3. **Have** this healthy phrase handy for when irrational, obsessive, or negative thoughts intrude into your mind.
4. **Practice** your healthy phrase regularly.

Examples

Compulsive Thought:

“My hands are dirty and unhealthy, I must wash them immediately”

Response Prevention:

“My hands are clean and healthy, and further washing would be unhealthy.”

Now it's YOUR turn!

1. **List** your goal of choice.
2. **Break down your goal** into its major components. For example, if your goal is to get into grad school, your goal components may be “getting good GMAT scores” and “writing a winning personal statement”.
3. **Break down each component** into objectives that will help you accomplish the component. For example, if your component is “getting good GMAT scores,” your objectives may be “enrolling in a prep class” and “scheduling time to study.”
4. **Write down** any emotions you are experiencing that correspond with each component.
5. **Jot down a self-care plan** to help you address and soothe your emotions so that you are better able to pursue your goal effectively and successfully.

Examples

GOAL: Get into grad school!

(See Dr. Chloe’s Anxiety Management Webinar for a full example of a To-Do List with Emotions)

Now it’s YOUR turn!

1. **List** all of the things that are worrying you in your “Worry List”.
2. **Schedule** a “Worry Time” to worry about the things in your “Worry List”. Try experimenting with a few different lengths and frequencies of time, as well as time of day and/or evening.
3. **Evaluate** the effectiveness of the Worry Time lengths, frequencies, and dates/times you selected. Do you need more/less time for Worry Time? Do you find Worry Time is more effective for you in the morning? In the evening? On the weekends or during the week?

Examples

My Worry List: Household Budget, My Health Issues, Big Meeting This Week, Christmas Shopping, Want to Change Career...

I will spend 30 minutes at the end of my work day worrying about my listed items, and then I will move on from that and do something else.

Now it's YOUR turn!

1. **Write down** a worry of your choice.
2. **Divide your worry** into two categories: factors of the worry over which you have control, and factors of the worry that are outside of your control and you cannot change.
3. **List an action** next to each factor listed in your Controllable section.
4. **Reflect** on those factors listed in your Uncontrollable section. Acknowledge that these factors are outside of your control and consciously decide to use your energy elsewhere.

Examples

My Worry: Will I get a promotion?

Controllable: Dress the part, get special training or read books, improve my office politics, chat with three people a day.

Not Controllable: Personal bias of selection committee, I am more needed in my current department, other applicants may be more suited.

Now it's YOUR turn!
