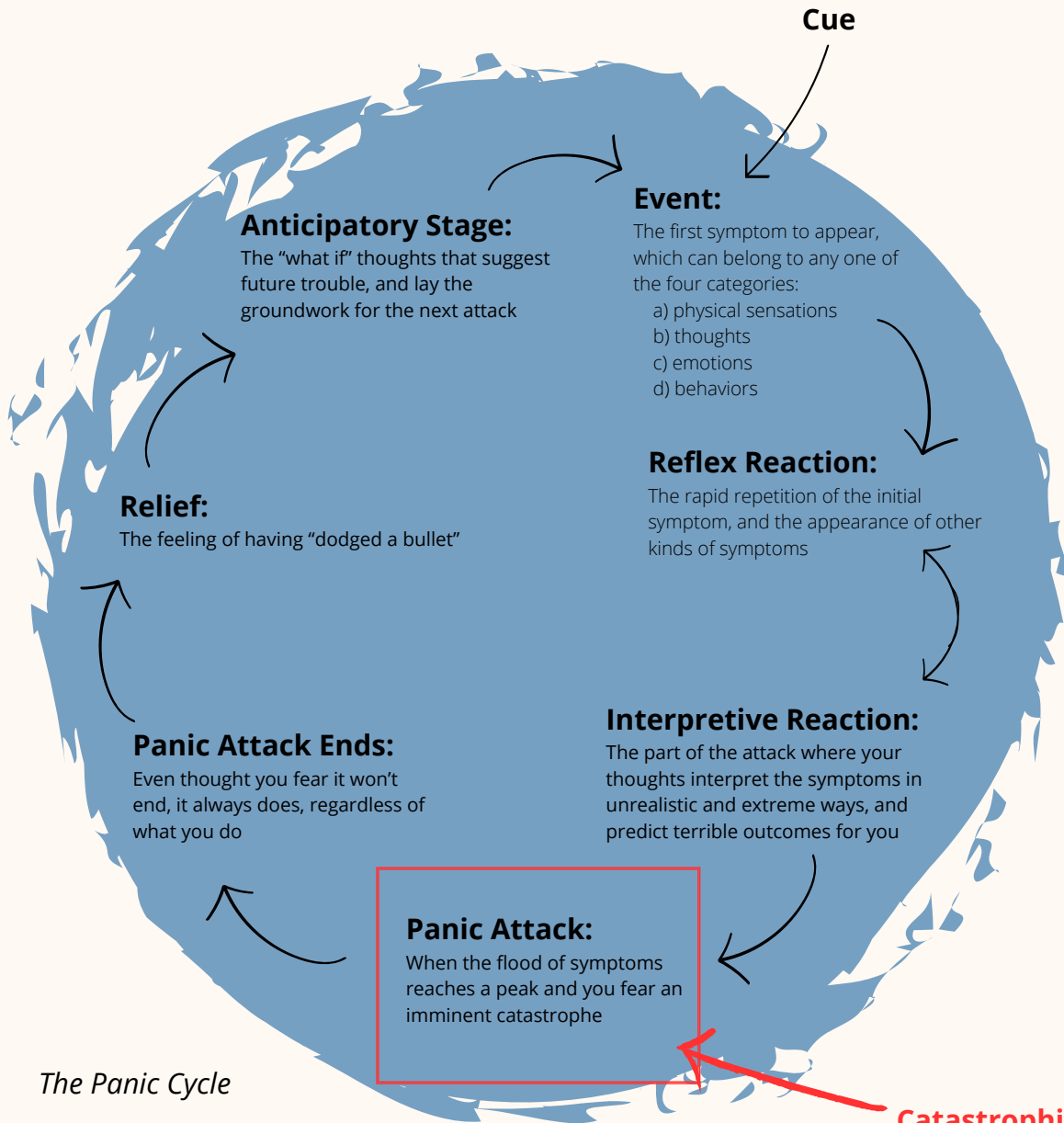


# COGNITIVE MODEL OF PANIC



## How a Panic Attack Develops:



Notice a body sensation  
"My breathing feels odd"



Have a thought about it  
"Could this be dangerous?"



Feel apprehensive



Anxiety strengthens the body sensations  
Have more thoughts  
"This is really bad"



Pay more attention to the body  
Feel more apprehensive



Have even more catastrophic thoughts  
"This is getting even worse"  
"I think I'm going to pass out"



Feelings of panic reach their peak

**Catastrophic Misinterpretation = Panic**