

20 Plan for panic attacks

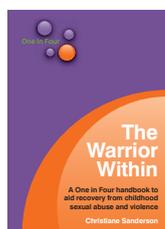


If you are working through *The Warrior Within*, this exercise and further useful information to help you in your recovery can be found on page 77.

As you mimic the sensations of a panic attack try to identify what helps to ground you and restore control. List all the things that help you and make sure that you include them in your plan for managing panic attacks. A suggested plan would be:

- Stop, take a break and try to think about what it is that is making you panic.
- Check and regulate your breathing by breathing fully and consciously (see **Breathing** on page 66 of *The Warrior Within* or exercise sheet **16 Improving your breathing**).
- If you are hyperventilating, hold each breath for three counts. If necessary use the paper bag technique (see **Breathing** on page 66 of *The Warrior Within*).

- Touch your anchor (see **Anchors** on page 15 of *The Warrior Within* or exercise sheet **4 Creating a 'mood box' or 'mood basket'**).
- Sit down somewhere comfortable.
- Try to think positive thoughts.
- Remind yourself that you are not going to die, that the attack is harmless and will soon pass and that you will be fine.
- Rather than run away from the scene, tell yourself that you will stay for one or two minutes. When that time is up try to stay for another couple of minutes. If this proves too much then leave.



The content of this exercise sheet is based on *The Warrior Within: A One in Four handbook to aid recovery from childhood sexual abuse and violence* by Christiane Sanderson

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