

The Golden Rules for Coping With Panic

- (1) Remember that although your feelings and symptoms are frightening, they are neither dangerous nor harmful.
- (2) Understand that what you are experiencing is merely an exaggeration of your normal reactions to stress.
- (3) Do not fight your feelings or try to wish them away. The more willing you are to face them, the less intense they will become.
- (4) Don't add to your panic by thinking about what "might happen." If you find yourself asking, "What if?" tell yourself, "So what!"
- (5) Stay in the present. Be aware of what is happening to you rather than concern yourself with how much worse it might get.
- (6) Label your fear level from zero to 10 and watch it go up and down. Notice that it doesn't stay at a very high level for more than a few seconds.
- (7) When you find yourself thinking about fear, change your "what if" thinking. Focus on and perform some simple, manageable task.
- (8) Notice that when you stop thinking frightening thoughts your anxiety fades.
- (9) When fear comes, accept it, don't fight it. Wait and give it time to pass. Don't try to escape from it.
- (10) Be proud of the progress you've made. Think about how good you will feel when the anxiety has passed and you are in total control and at peace.