

“C.A.P. IT”

3 STEP SYSTEM

**Conscious Action Plan
Knock Panic Attacks
Down to Size**

**ANXIETY
SIMPLIFIED**

LIFE MASTERY



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Panic Attacks Do Not Just Come Out of the Blue, there is a Process that Creates them Before They Happen.

Maybe even days or weeks before the final straw that blows it up into a panic attack, even if you are not aware of it.

By the end of this worksheet, you will know how to control your panic attacks, understand how your process started, what continues them.

Do you have Symptoms like... This is an Anxiety or Panic Attack.

- heart racing,
- hot, sweaty,
- breathing change,
- chest pressure,
- tingling or numbness in your hands or feet,
- dizzy, lightheaded,
- felt like you are going to die or have gone to the ER thinking you are having a heart attack?

Become Consciously Aware of Your Anxiety Process that Leads to a Panic Attack

Step # 1 **Consciously**

Learn why you have panic attacks and how to deal with them.

Become aware of the thoughts that drive them, situations that trigger them and breathe to calm yourself and send reassuring feelings to stop them.

**You will know how to Control your Panic Attacks;
Understand how your Anxiety Process Starts and
What Continues It.**

■ Retrace your thoughts to find when you first started feeling the anxiety that led to panic symptoms and the thoughts associated with them that trigger the panic. Journal the memories when they 1st affected you.

What are your thoughts that trigger panic? The thoughts that come up for me around fear:

■ Remember your perception at the time of that incident to give you understanding of how you looked at it then, maybe from a child's view and how you can look at it now, from an adult's perspective.

What are your 1st memories of strong fear in a situation? _____

■ Notice situations now, before you fly or in situations that creates anxiety. It might have started 2 weeks before that long flight. You might hear yourself starting the anxiety process saying, "I hate crowds, and long lines at the airport, being crammed into the plane like cattle and I can't get out!" Can you feel your anxiety rising? Keep going.

What are situations now that create anxiety thinking about them? _____

Write out your thought process that you have that lead to a panic attack? _____

Allow your Inner Dialogue to be Heard until you Expose the Catastrophic Thinking

■ Listen for the exchange from that old memory and the fear thought that the plane might crash, or “I might die!” “What about the kids and my family?” There it is! This will now give you clues on ways to confront and turn it around to reassure yourself and Cap it.

Name your fear thoughts that lead to a Panic attack. _____

Step # 2 Action

Take a different attitude about the situations that creates your panic around specific situations. Train your focus on calm instead of fear.

Learn to breathe in calm with the Vagus Breathing that Science agrees will calm you immediately to feel confident to handle the panic with success once you have Identified the fear thoughts.

Practice using the 4 and 8 Vagus Nerve Breathing to Relieve the Anxiety

This breathing method has been proven by science, to stimulate the Vagus nerve that runs from your gut to your brain and has been documented as the key to calmness. ([Go here to see our video demonstration](#))

Practice this technique by breathing in through the nose to the count of 4 and out through your mouth to the count of 8. Practice this slowly, for 2 minutes, 3 times per day. It has been shown in studies after 25 sets, it will continuously stimulate the Vagus nerve to calm you.

This breathing technique calms you immediately. It gives you a tool to calm yourself with an ability to shift a fear thought to reassurance and build confidence.

You Can Handle your Anxiety with an On Demand Calming Technique

You can use this technique in the face of a fear memory, as you are consciously aware of it happening.

Doing the Vagus Breathing makes me feel? _____

Step # 2 Plan

Refocus fear thoughts to reassurance, breathe to calm, refocus on reassuring calming thoughts and feelings to watch them melt away.

I feel reassured when I think about feeling successful, capable.....

You could add a visualization of a beautiful place; the beach or woods that will immediately immerse you in a feeling of calm and safety, this adds to the reassurance by intensifying the feeling of peace and contentment.

I feel calmed and reassured when I am at this serene peaceful place

Once you've identified the thoughts that are causing the panic, you can change them in the moment and come up with reassuring thoughts that help you feel relief, to shift it and "CAP it". You will create continual successes to intervene to stop the anxiety progressing to a panic attack once you've practiced this until it is your new Habit.

The Key is to FEEL the Reassurance

Start to refocus and say, "I've done this before; I can do this again." "I will worry about this only when it happens, not until", "It is imaginary, it's just a memory, I am okay now".

Reassurance feels like a shift, a letdown, a true feeling of confidence.

I can reassure myself when I say: _____

Tell a New Story-Without Fear or Catastrophic Thinking Become Your Own Superhero

If you are remembering the fear in a situation, turn it around to imagine you are the hero swooping in to take out the boogie man.

Be cautious of the old stories you tell yourself or others "The woe is me" The "Trauma drama" stories of how life has treated you. This doesn't serve you anymore.

Tell your superhero story to replace your trauma dramas. I am _____

Realign your perspective, on what is happening now, refocusing on calm reassurance with a new attitude of success that you now can “CAP it” and you can control your anxiety. You will create continual successes to intervene to stop the anxiety progressing to a panic attack, once you’ve practiced this until it is your new Habit.

Get a free 10-minute consultation with Joanne at AnxietySimplified.net for recommendations and clarity.

Many of my clients get a dog, a loyal, trusty friend, they can count on. Having their dog by their side can create that reassurance.

[Click here to get Prequalified for a Psychiatric Service Dog](#)
the dog can intervene when their anxiety is rising to reassure.



Joanne S. Williams, LCSW is a 30-year veteran Licensed Mental Health Professional. She counsels clients in California #22409, Texas #66680, Oregon # L7415 and Florida #15846, who struggle with anxiety to shift their focus to achieve their greatest potential while being happily engaged in life... sometimes for the first time, ever.

Since 2013, she has certified 1000's of clients including some Hollywood celebrities—to enjoy this door-opening and love filled solution for anxiety, PTSD, depression and autism meltdowns that only an animal can provide.

She also offers her Anxiety Simplified Life Mastery seminars that offers steps to empowerments to those who are stuck in neutral and ready to shift into a new engaged gear of life.

She is happy to share her vast knowledge of how to create a happier life in private sessions by video chat, in live or virtual summits or on podcasts speaking on going from fear to fulfillment.

Contact Joanne at AnxietySimplified.net