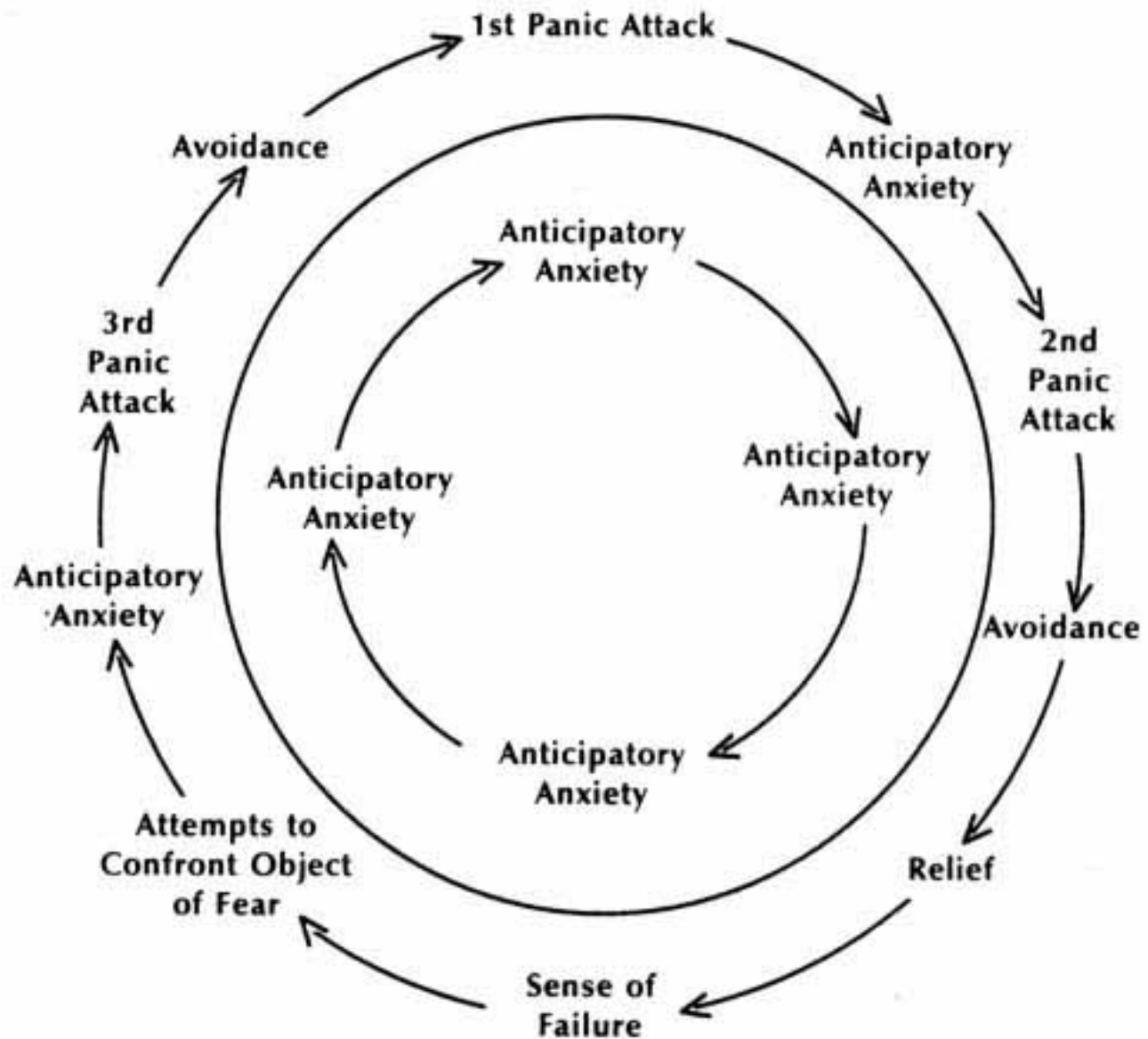


# PANIC CYCLE

Starts Here



The following is a list of many of the thoughts panic disorder sufferers tell themselves.

## Negative Self-Statements

1. I can't, I'll get a panic attack.
2. What if I get a panic attack?
3. I could never go there, I would be too anxious.
4. I'd better cancel, I can tell I'll be anxious.
5. If it's only 9:00 a.m. and I'm already this anxious, I will be like this all day.

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