

panicLINK

PROGRAM

®



Please use **The PanicLINK® Guidebook** as a support tool for each session. The **Guidebook** holds all the forms, worksheets, exercises, charts, inventories, behavioral assignments and handouts you will need to complete the **panicLINK®** program successfully. These handouts are the exact handouts Dr. Blumberg has given to more than 5,000 panic patients after each session. Now these handouts are easy to navigate so you can use the **Guidebook** as a reference tool to help you progress through the **Four-Phase, 12-Session Program**.

At the end of each Session in the **Guidebook**, you will find the **Session Guidelines**. These **Guidelines** outline key learning concepts you must master before advancing to the next session.

Use this **Summary Sheet** to refresh your learning on a daily basis. This daily review is essential to build new habits of thinking and gradually progress into the **Panic-Free Lifestyle** you deserve.

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THE GUIDEBOOK

**Introductory Remarks by Doctor Blumberg to the Guidebook
and Session Guidelines for Each Session**

PHASE ONE – takeCONTROL TRAINING METHOD

SESSION THREE GUIDEBOOK

takeCONTROL TRAINING STEPS, ONE, TWO AND THREE

1. **STEP ONE: takeCONTROL Training** - Use your personalized Panic Blueprint to know in advance your Symptom-False Catastrophic Thought sequence.
2. **STEP TWO: takeCONTROL Training** - The Cognitive Challenge to Your False Catastrophic Thought

Use the Cognitive Challenge Record Form below to construct 3 compelling logical arguments to lower your False Catastrophic Thought Belief Rating.

THE COGNITIVE CHALLENGE RECORD FORM

My false catastrophic thought is

My three most convincing arguments to challenge the FCT are:

Now use the False Catastrophic Belief Rating Scale below to rate your Belief that your FCT is False. Conduct two ratings

- (a) Before you argue with yourself and then
- (b) The second rating, after you argue with yourself

How much can you lower your belief that your False Catastrophic Thought is true? If you are not successful in significantly lower your belief that your FCT is true, refer to the Doubting Thomas Checklist in Session Three pages 24 and 25 to trouble shoot.