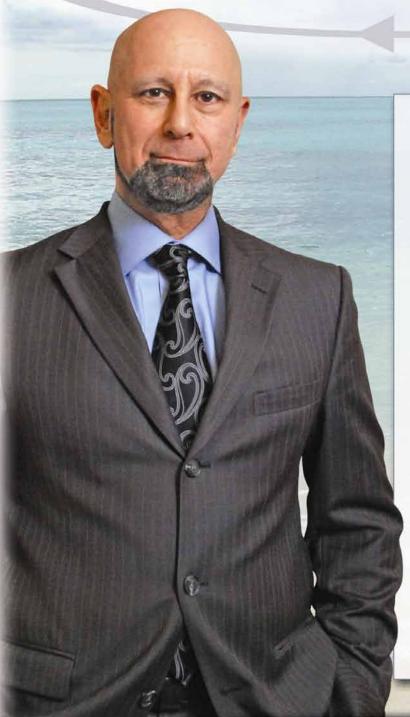
# panicLINK

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:
1
2
3

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.