

# panicLINK

## PROGRAM

®



In this session, you have an opportunity to witness a live demonstration of Dr. Blumberg in action, teaching a patient to take control when panic strikes in his waiting room. You observe the Doctor explain the first three steps to adopt a takeCONTROL training stance.

**STEP ONE** — Develop your **PANIC BLUEPRINT** to predict in advance you two parts of panic. Then, start the execution of the counter-attack, the one-two punch, by taking panic apart.

**STEP TWO** — Build your cognitive challenge for the counter attack on enemy thinking.

**STEP THREE** — Develop a **NEUTRAL** scientific observer role of symptom non-reactivity.

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TakeCONTROL TRAINING METHOD

PHASE ONE — SESSION 3

*Take Control Training Steps One, Two and Three*

**Dianne's panicLINK® LOG**



WHYTRIGGER	SYMPTOMS	FALSE CATASTROPHIC THOUGHTS
Sitting in waiting room	Dizziness  Hot  Weakness	Faint

How strong are the dizzy, hot feelings right now, where 0 = none and 10 = the strongest possible panic symptoms?



About a 7.



Now, how much do you really believe you are going to pass out right now? 100% = I will pass out right this second and 0% = I will never pass out (the False Catastrophic Thought Belief Rating Scale).



About 80%



Now, Dianne I want you to stand up and walk into my office.



But what if my legs give out?



You will be the first documented case. I will record it on the camcorder and you will prove I was wrong!



***Dianne gets up and walks into Dr. Blumberg's consulting room.***

Look Dianne, you are walking on your own. Here's further evidence you are not going to pass out.



Now, Dianne what level is your dizziness?

It's dropped to a 4 level but I still feel a little woozy.



And what is your FCT Belief Rating?



Well, I am walking into your office . . . It dropped to 50%.



The more you believe the **FCT** is true

The more you set off the alarm input to the brain.

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Dianne, when you begin to recognize the dizziness as panic and consider the idea of fainting might be false, you start to break the vicious cycle. The symptom of dizziness eases.



Remember from Session One, Info-Nugget Three: The Vicious Cycle of Panic. The more you believe you will faint, the more you set off the emergency alarm in the brain, the more adrenaline production, the more you feel dizzy.

The opposite is also true. The more you realize the FCT = faint is a false alarm, the more you shut down the alarm input to the brain. The less adrenaline production, the less you feel dizzy.

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**The more you realize the FCT is a false alarm**

**The more you shut down the alarm input to the brain.**