

# Where Is the Danger?

<b>Day and Time</b>	<b>Initial Anxiety Level (0-10)</b>	<b>Where Is the Danger? Questions Posed</b>	<b>After Where Is the Danger? Anxiety Level (0-10)</b>

# Mindfully Attending to Panic Thoughts

<b>Date and Time</b>	<b>Panic Thought</b>	<b>Was I able to label panic thought? (Y/N)</b>	<b>Was I able to redirect my attention back to current moment? (Y/N)</b>

# Self-Compassion Slogan Practice

Date and Time	Description of Panicky Moment	Self-Compassion Slogan Used	Level of Self-Compassion (0-10)

# Discomfort vs. Anxiety

<b>Date and Time</b>	<b>Description of Sensation</b>	<b>Discomfort Level (1-10)</b>	<b>Anxiety Level (1-10)</b>

# Interoceptive Exposure Practice Log

<b>Date and Time</b>	<b>Interoceptive Exercise</b>	<b>Discomfort Rating (0-10)</b>	<b>Anxiety Rating (0-10)</b>

# Slow Breathing Practice Log

Day and Time	Situation (Where am I and what am I doing?)	Before Slow Breathing Anxiety Level (1-10)	After Slow Breathing Anxiety Level (1-10)