

## The Eight Attitudes of Recovery (from Panic Attacks)

### Expected Attitudes

- "I can't let anyone know."
- "Panic is evil, bad, the enemy."
- "I want to avoid the symptoms."
- "I must relax right now."
- "I must stay on guard."
- "This is a test."
- "I must be certain that there is no risk."
- "This had better work."

### Healing Attitudes

- "I am not ashamed."
- "What can I learn as a student of panic?"
- "I want to face the symptoms to gain skills."
- "It's OK to be anxious here."
- "I won't guard myself against anxiety."
- "This is practice."
- "I can tolerate uncertainty."
- "It's OK if it doesn't work."

From R. Reid Wilson (1996). Don't Panic: Taking Control of Anxiety Attacks. New York: HarperCollins.

## Coping Statements

- "This feeling isn't comfortable or pleasant, but I can accept it."
- "I can be anxious and still deal with this situation."
- "I can handle these symptoms or sensations."
- "This isn't an emergency. It's OK to think slowly about what I need to do."
- "This isn't the worst thing that could happen."
- "I'm going to go with this and wait for my anxiety to decrease."
- "This is an opportunity for me to learn to cope with my fears."
- "I'll just let my body do its thing. This will pass."
- "I'll ride this through – I don't need to let this get to me."
- "I deserve to feel OK right now."
- "I can take all the time I need in order to let go and relax."
- "There's no need to push myself. I can take as small a step forward as I choose."
- "I've survived this before and I'll survive this time, too."
- "I can do my coping strategies and allow this to pass."
- "This anxiety won't hurt me – even if it doesn't feel good."
- "This is just anxiety – I'm not going to let it get to me."
- "Nothing serious is going to happen to me."
- "Fighting and resisting this isn't going to help – so I'll just let it pass."
- "These are just thoughts – not reality."
- "I don't need these thoughts – I can choose to think differently."
- "This isn't dangerous."
- "So what."
- "Don't worry – be happy." (Use this to inject an element of lightness or humor.)

From E.J. Bourne (2001). The Anxiety and Phobia Workbook, Third Edition. Oakland, CA: New Harbinger Publications, Inc.