

DESIRED BELIEFS

Desired Beliefs Chart			
Directions: Rate how valid the following beliefs about yourself and your symptoms of anxiety are for you: (1 = completely false, 7 = completely true.) Columns are provided so you can rerate yourself over time. ¹			
Desired Beliefs	Validity: 1:7 points		
Date:	_____	_____	_____
<p>Relabel—Even if I have a full blown panic attack, I know:</p> <ul style="list-style-type: none"> • I am safe from severe physical consequences. _____ • I will remain conscious even if it feels as if I might faint. _____ • I will remain sane and in touch with reality. _____ • I will appear “normal,” rational, and sane to others. _____ • I can drive safely or take my time to pull off the road. _____ 			
<p>Reattribute—I know my symptoms can result from:²</p> <ul style="list-style-type: none"> • A highly reactive nervous system due to a sensitive temperament, too much stress, an overactive imagination, perfectionism, social phobia, obsessions, or depression. _____ • Minor or treatable physical conditions such as inner ear or thyroid problems, allergies, PMS, low blood sugar, anemia, high blood pressure, or mitral valve prolapse. _____ • Overuse of coffee, colas, chocolate (containing caffeine), nicotine, or other substances. _____ • Facing a threatening situation, flashing on a negative thought, or having a conditioned reaction. _____ 			
<p>Retrain—I know I can retrain my brain by:</p> <ul style="list-style-type: none"> • Floating through the worst of my symptoms or refocusing on something pleasant. _____ • Exposing myself to situations that might cause panic and using floating, refocusing or retreating and repeating to become comfortable. _____ 			
<p>Revalue—I know I can:</p> <ul style="list-style-type: none"> • Welcome symptoms of panic as opportunities to retrain my brain. _____ • Become an expert at minimizing panic. _____ • Prepare myself for any future, more severe attacks by minimizing symptoms of panic. _____ • Give panic plenty of chances to surface by practicing situations that used to be and still are hard. _____ • Find new situations to practice without having to “conquer” every difficult situation. _____ • Desensitize myself to any panic that resurfaces if I’ve done so in the past. _____ 			

¹ See *EMDR: The Breakthrough Therapy* by Francine Shapiro (Basic Books, 1997) for further ideas on how thoughts affect emotions.

² Rate only items that apply in your case.