

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:	_____	_____	_____
Relabel—Even if I have a full blown panic attack, I know:			
• 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.	_____	_____	_____
Reattribute—I know my symptoms can result from: ²			
• 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.	_____	_____	_____
Retrain—I know I can retrain my brain by:			
• 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.	_____	_____	_____
Revalue—I know I can:			
• 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.