MAPLE MENOPAUSE COMPANION WORKSHEET

Panic: Understanding the Fear-of-Fear Loop

A clear, gentle worksheet for noticing panic processes without treating every physical symptom as anxiety.

Use what fits Skip any prompt that is not useful or safe. These pages are for reflection, not scoring, diagnosis or proving that you are coping correctly.

Start with safety

Medical caution

New, severe or unusual chest pain, fainting, breathing difficulty or other concerning symptoms deserve medical assessment. Do not assume they are panic.

Map the loop

Panic-focused CBT

What happened first? What did I notice in my body? What did I fear it meant? What did I do next?

Name the prediction

Cognitive appraisal

What was the alarm telling me would happen? What evidence supports that prediction, and what remains uncertain?

Make room for the moment

DBT mindfulness + distress tolerance

What can I notice for ten seconds without forcing it away: feet on the floor, a sound, the next breath, a trusted person nearby?

Choose support

ACT + problem-solving

What would help next: medical advice, a quieter setting, a message to someone safe, or professional support?

A note about care and safety

Education, not exposure treatment

This worksheet is not a substitute for assessment or therapy. Do not attempt unsupervised exposure exercises. Recurrent panic, avoidance or distress deserves qualified support.

Related Maple Menopause article:
https://maplemenopause.com/when-the-alarm-becomes-a-siren-menopause-and-panic-attacks/

Adapted for education and reflection; not therapy, diagnosis or individualized medical advice.