

# DESIRED BELIEFS

<b>Desired Beliefs Chart</b>			
<b>Directions:</b> 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. <sup>1</sup>			
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"> <li>• I am safe from severe physical consequences. _____</li> <li>• I will remain conscious even if it feels as if I might faint. _____</li> <li>• I will remain sane and in touch with reality. _____</li> <li>• I will appear “normal,” rational, and sane to others. _____</li> <li>• I can drive safely or take my time to pull off the road. _____</li> </ul>			
<p>Reattribute—I know my symptoms can result from:<sup>2</sup></p> <ul style="list-style-type: none"> <li>• A highly reactive nervous system due to a sensitive temperament, too much stress, an overactive imagination, perfectionism, social phobia, obsessions, or depression. _____</li> <li>• 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. _____</li> <li>• Overuse of coffee, colas, chocolate (containing caffeine), nicotine, or other substances. _____</li> <li>• Facing a threatening situation, flashing on a negative thought, or having a conditioned reaction. _____</li> </ul>			
<p>Retrain—I know I can retrain my brain by:</p> <ul style="list-style-type: none"> <li>• Floating through the worst of my symptoms or refocusing on something pleasant. _____</li> <li>• Exposing myself to situations that might cause panic and using floating, refocusing or retreating and repeating to become comfortable. _____</li> </ul>			
<p>Revalue—I know I can:</p> <ul style="list-style-type: none"> <li>• Welcome symptoms of panic as opportunities to retrain my brain. _____</li> <li>• Become an expert at minimizing panic. _____</li> <li>• Prepare myself for any future, more severe attacks by minimizing symptoms of panic. _____</li> <li>• Give panic plenty of chances to surface by practicing situations that used to be and still are hard. _____</li> <li>• Find new situations to practice without having to “conquer” every difficult situation. _____</li> <li>• Desensitize myself to any panic that resurfaces if I’ve done so in the past. _____</li> </ul>			

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

<sup>2</sup> Rate only items that apply in your case.