

Don't F*cking Panic: The Shit They Don't Tell You in Therapy About Anxiety Disorder, Panic Attacks, & Depression

by Kelsey Darragh

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

☐ 01

Write a panic card
Create a short script for what is happening, what helps, and who to contact.

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☐ 02

Choose a grounding cue
Pick one object, phrase, or sensory anchor you can find quickly.

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☐ 03

Identify a support person
Ask one person how you can signal that you need calm help.

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☐ 04

Make avoidance smaller
Choose one feared situation and shrink it to a tolerable version.

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☐ 05

Exhale longer
Run three slow exhales before trying to solve the whole feeling.

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☐ 06

Name three facts
Separate what is happening from what the alarm predicts.

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☐ 07

Take the tiny exposure

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