



Alert Signal

What is the first physical symptom that let's you know you are about to have a panic attack?

Identifying an early warning allows you to act to stop the attack.

The next piece of information that you need to know is...

What is your first physical symptom that lets you know that you are about to have an attack?

Go back to that memory in your mind of your last attack, and go to the very beginning of that episode.

How did you first know that the attack was coming on?

For instance, when I experienced my first panic attack, I remember sitting at my desk, my computer was on; there was a queue of customers in front of me.



I recognised one of my favourite customers coming towards my desk, there was a smell of coffee coming from my colleagues desk behind me, there was background music playing on the intercom system, as my customer approached the desk, I was aware that I hadn't met her since my recent family bereavement, then I felt a spinning in my tummy, as she very kindly asked me how I was, my hands started sweating.

The feeling in my tummy got much stronger. So in this instance, the physical feeling began with that spinning in my tummy.

The most common thing I have heard reported from clients is the butterflies in the tummy. However, there are often other physical sensations, like my client who feels tingling in her toes first.

60 Second Panic Solution™

Perhaps you already know your first sign? If not continue with this exercise to discover what your particular first physical symptom is;

Go back to that memory in your mind of your last attack, and go to the very beginning of that episode. How did you first know the attack was coming on?



As you replay the last anxiety attack episode, in your mind, imagine you are watching this experience on an internal TV screen, imagine you have a remote control that can freeze frame the very beginning of that particular experience- see the still picture now, where were you?

Who is around you?

What are you doing?

What are the sounds that you are hearing?

Are there smells or tastes involved?

Are you eating or drinking something?

As you view this experience now what are the specific physical symptoms you get at the beginning of an anxiety attack?

Where does it begin, where does it travel and in which direction?

60 Second Panic Solution™

You know this sign intimately; however you most likely never slowed down the experience enough to focus on this one element.

Great, this is a vital piece of information to your program of transformation.

Guess what?

Now your attack will no longer sneak up on you, you will clearly recognise the beginning of it.

Write down the details of this symptom, explaining it as clearly as possible. While you have always been subconsciously aware of this feeling... what you have done now is raised it to your conscious awareness.

This will give you the awareness to begin to choose a different experience.

