



Hello panicky heart, I feel you thumping loudly to get my attention. You have my attention! It's a little unpleasant but it does not frighten me!



My heart races when I panic; my heart races when I go for a run. It feels a bit odd, but it's completely normal.



I feel my heart beating fast, come on heart give me what you've got! Show me how you beat faster!



Hi there sweaty sweat, I feel you trickling down my head. You feel warm to the touch. You come out when I exercise as well. Nothing to be scared of here.



I sweat when I panic; I sweat when I exercise. It feels a bit funny, but it's not dangerous.



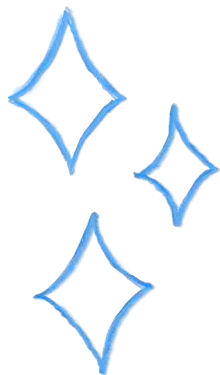
My heart is racing, my palms are sweaty, this also happens when I exercise. I am safe.



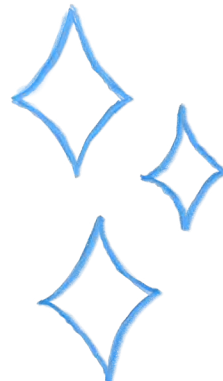
My throat feels all dry and tight. Throat, give it all you've got, get even drier and tighter!



My throat gets dry when I panic; my throat gets dry after a good night's sleep. It's a funny feeling, but I am healthy.



My chest gets tight when I panic; my chest gets tight when I'm cold. It feels a bit weird, but it is normal.



I notice my chest feeling tight. Come on chest, squeeze even tighter! I'm ready for you!



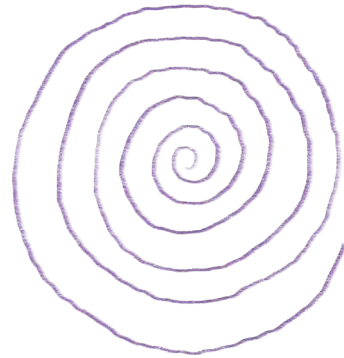
Hey butterflies in my tummy, you come out when I get excited. You don't scare me.



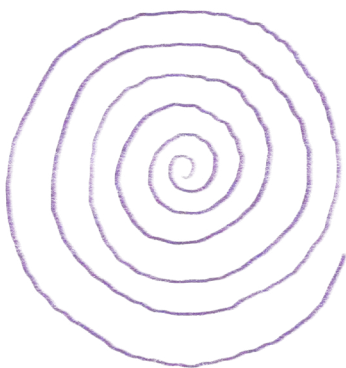
I get butterflies when I panic; I get butterflies when I'm excited. It doesn't feel great, but I am safe.



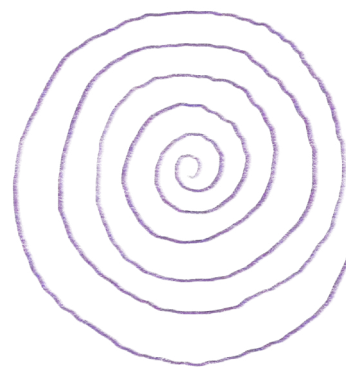
**I feel a pit in my stomach,
it's squeezing pretty tight.
Is that all you've got
stomach? Come on, I dare you.**



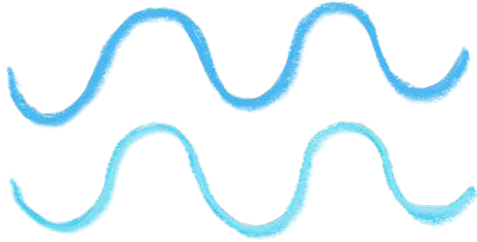
**What's up dizzy head? You
have my attention. You come
out when I spin around.
You're not dangerous at all.**



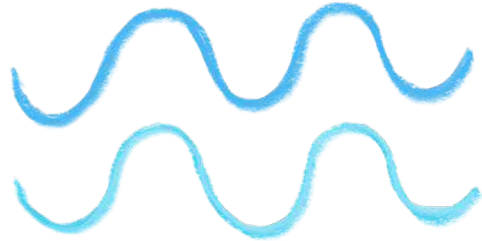
**I get dizzy when I panic; I get
dizzy on roller coasters. It
doesn't feel great, but I am safe.**



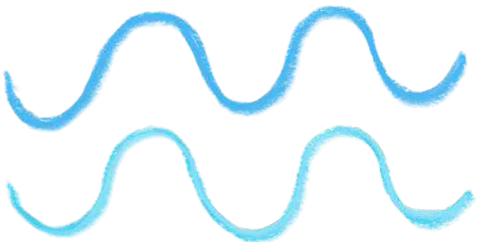
**I see my thoughts racing in my
head. Bring it on thoughts, race
even faster! I can take it!**



I accept what I am feeling. If these feelings continue, so be it. I am curious about them and listening and watching them all.



I accept my panic. I accept my sensations. I accept my beating heart. I accept my sweaty palms. I accept the butterflies in my tummy. I accept my racing thoughts.



I love and accept myself. I love and accept these feelings. I love and accept my panic.



This isn't anything I can't handle. Bring it on panic! I'm ready for you, I can handle all you've got!



Hey panic, I see you. You are unpleasant, but I am safe. You've got nothing on me!



My heart is racing, my palms are sweaty. My chest is tight, my throat is dry. I am shivering, my tummy has butterflies. I notice my thoughts racing. These feelings are not my favorite, but they are completely natural. Come on panic, bring it on, give me all you've got!



Hey panic, bring it on! Give me the best you've got! I'm rock solid.



There you are panic, I was expecting you today. Show me what you're made of! I'm ready for you! I'm waiting and curious.



Hello panic, I see you. You make me feel funny, but I'm not scared of you.



Here we go again panic. This is nothing new. I am uncomfortable, but I am safe.



Come what may, I am not worried. I've got this! This panic is nothing new, and it's certainly nothing I can't handle.



Oh hey panic, I've been expecting you. I'm not afraid of you, and how you make me feel. I am completely safe.



**There you are again, panic!
I'm getting a little bored of
you. Go ahead if you must, this
isn't anything I can't handle.**



**I feel the weight of my body in
this chair. I feel my feet planted
firmly on the ground. I feel my
hands resting gently on my lap. I
am uncomfortable, but I safe here.**



**I shiver when I panic; I shiver
when I go swimming. I don't
love how it feels, but I am ok.**



**I notice that my body is tense.
That's ok, that tension can
stay. I'm just noticing it.**



**Ok legs, I see you are feeling
a little weak. This is part of
my panic. I am ok, I am safe.**



**This panic will pass. I am
happy, healthy, and peaceful.
I am safe, I am loved.**



**I trust that I am safe. No harm
will come to me or my body. I
will outlast these feelings.**



**I am safe, I am loved.
These feelings will pass.
I've made it through this
before and I will again.**



I feel this panic right now. It is temporary. My normal feelings will soon return. I am safe.



Okay panic, I see and hear your loud and clear. You don't bother me. You're only temporary.



This feels a little funny, but I am not in danger. These feelings are temporary, they will pass.



These feelings are temporary, they will pass. I am not in danger.