LESSON 01

Welcome: making sense of panic

Feel understood and choose one part of life you want back.

What to understand

• Panic can be terrifying and intensely physical. Being told it is anxiety may not yet explain your experience.

• We begin with the body, then explain CBT and practise changes step by step.

• You may pause, read instead of watch, and return to an explanation. A few words on a page are enough.

Try it

Choose one ordinary part of life that matters to you. Make it concrete enough that you could notice a change.

Check your understanding

What is a useful starting goal?

A. Never notice a body sensation again.

B. Regain one meaningful everyday activity.

C. Finish all the worksheets today.

Answer: B. A meaningful activity gives the work a direction. You do not need perfect calm or a completed workbook to begin.

LESSON 01

A completed example

Fictional teaching example · use your own experience on the next page

1. What panic has made harder

Maya: shopping for groceries.

2. What I would like to do more freely

Buy my own groceries without planning every exit.

3. One small version of that activity

Go into a familiar small shop and choose one item.

4. What I hope to understand

Why a racing heart makes collapse feel so likely.

5. How I will use the course

One lesson at a time; pause after the example and write a few words.

LESSON 01

Your practice page

A few words are enough. Leave result boxes blank until after the practice.

1. What panic has made harder

2. What I would like to do more freely

3. One small version of that activity

4. What I hope to understand

5. How I will use the course