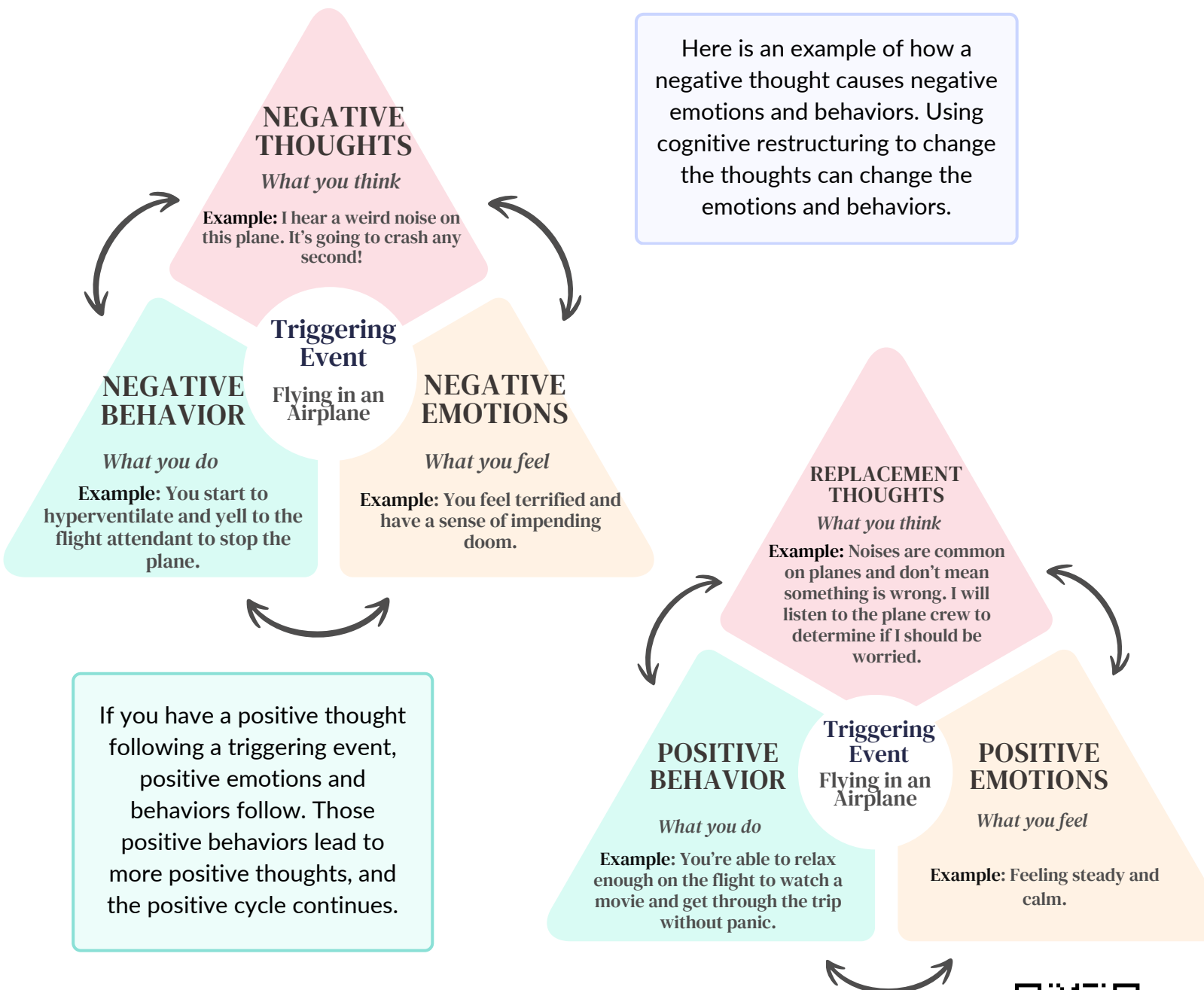


# Cognitive Restructuring

Cognitive restructuring is a CBT technique that helps individuals recognize and challenge negative, unhelpful thoughts, examine the evidence for and against these thoughts, and develop more supportive alternatives. **For someone with panic disorder, cognitive restructuring can be effective in breaking the cycle of catastrophic thinking that often fuels anxiety and panic, helping to reduce feelings of fear and regain a sense of control.**



# Cognitive Restructuring

## THOUGHT

What you think in a situation  
*Ex: I'm the worst friend*

## EMOTION

How you feel  
*Ex: I feel sad and hopeless*

## BEHAVIOR

How you act in the situation  
*Ex: Isolate and withdraw*

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

You can recognize unhealthy thought patterns that are causing you increased anxiety and panic attacks by practicing cognitive restructuring. Use the questions below each time you're experiencing unwanted thoughts that lead to unhealthy behaviors.

**Thoughts**

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**Is my thought factual?**

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**What evidence do I have to support my thought?**

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**What would someone else say about the situation?**

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**Is it possible to view this situation differently?**

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# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**300+**  
Companies Reviewed



**2,350+**  
Hours of Firsthand Experience



**1,150+**  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

