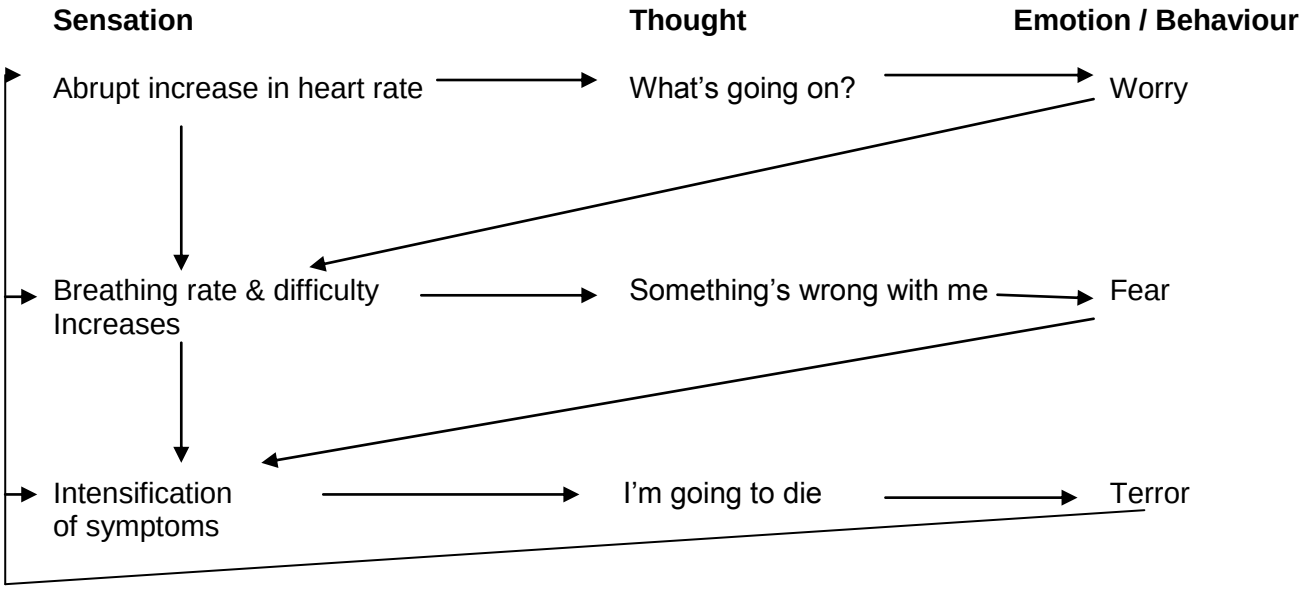
SAEB System – Panic

Physical Sensation *What did you feel in your body? Where did you feel it?*	**Thoughts** *What went through your mind at that time? (words or images)*	**Emotion / Behaviour** *What emotion did you feel? (nervous, anxious, fear, panic, overwhelmed, terror etc) How intense 0 – 100%? What did you do?*

Example: