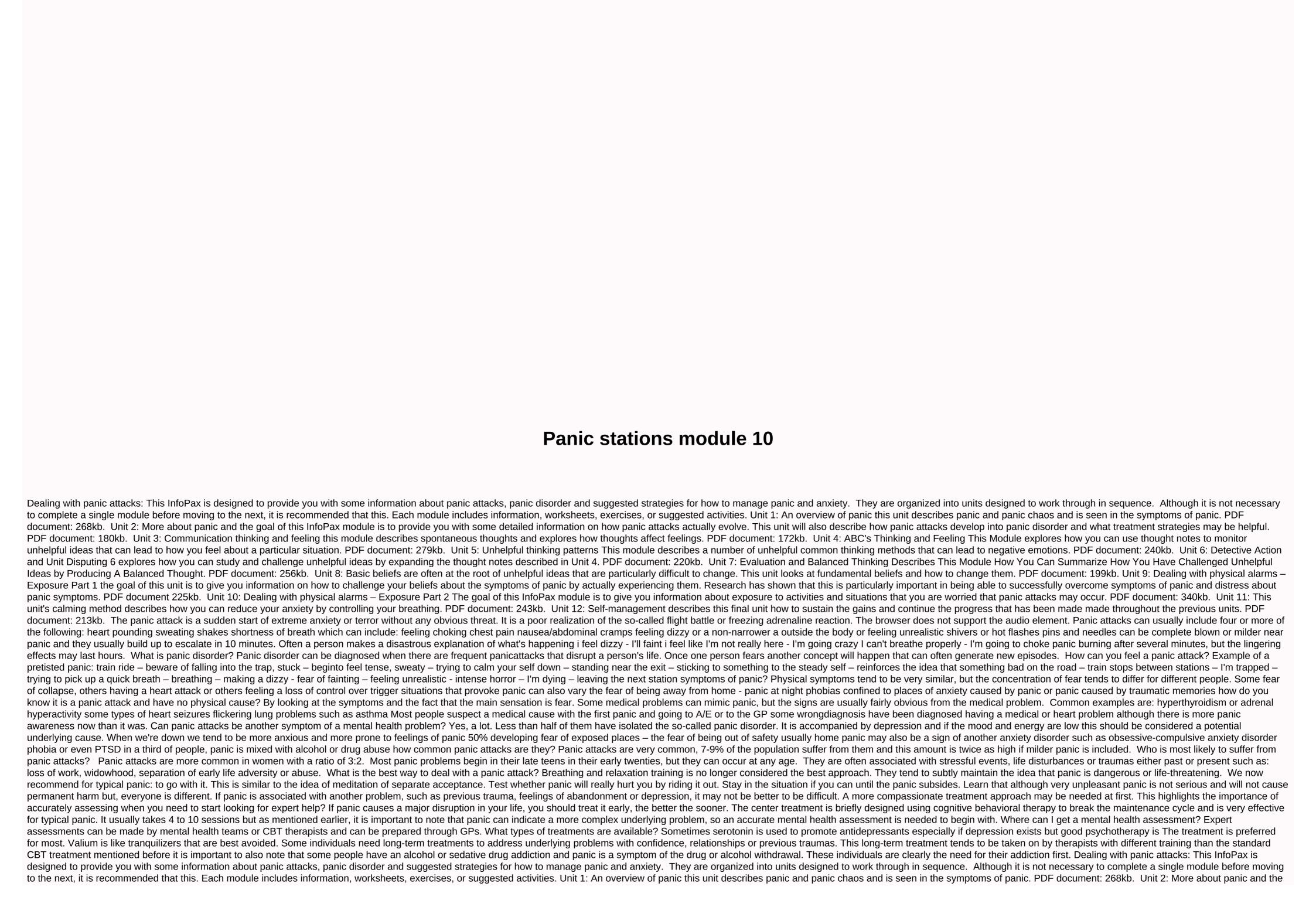
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goal of this InfoPax module is to provide you with some detailed information on how panic attacks actually evolve. This unit will also describe how panic attacks develop into panic disorder and what treatment strategies may be helpful. PDF document: 180kb. Unit 3: Communication thinking and feeling this module describes spontaneous thoughts affect feelings. PDF document: 172kb. Unit 4: ABC's Thinking and Feeling This Module explores how you can use thought notes to monitor unhelpful ideas that can lead to how you feel about a particular situation. PDF document: 279kb. Unit 5: Unhelpful thinking patterns This module describes a number of unhelpful common thinking methods that can lead to negative emotions. PDF document: 240kb. Unit 6: Detective Action and Unit Disputing 6 explores how you can study and challenge unhelpful ideas by expanding the thought notes described in Unit 4. PDF document: 220kb. Unit 7: Evaluation and Balanced Thinking Describes This Module How You Can Summarize How You Have Challenged Unhelpful Ideas by Producing A Balanced Thought. PDF document: 256kb. Unit 8: Basic beliefs are often at the root of unhelpful ideas that are particularly difficult to change. This unit looks at fundamental beliefs and how to challenge your beliefs about the symptoms of panic by actually experiencing them. Research has shown that this is particularly important in being able to successfully overcome symptoms of panic and distributions that you are worried that panic attacks may occur. PDF document: 340kb. Unit 11: This unit's calming method describes how you can reduce your anxiety by controlling your breathing. PDF document: 243kb. Unit 12: Self-management, this final module describes how to sustain the gains and continue the progress made in all previous units. PDF document: 213kb. 213kb.

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