**Panic Disorder Assist Phase Script—Chapter 5**

*Your doctor has ruled out any significant medical problems at this point, so we think that the physical symptoms you are experiencing are related to what we call the fight or flight response, a reflex that helps all of us to react to potentially dangerous situations. This response does everything possible to allow us to respond as quickly as possible to these situations, including increasing our heart rate, tightening our muscles, and slowing down our digestive system, so that we can fight or flee from something that is potentially dangerous. In individuals who have panic attacks, this system seems to activate for no reason, and people notice an intense unexpected physiological response. The symptoms can feel as if they are life-threatening, and all you want is for those symptoms to stop.*

*When we experience these physical symptoms, often our first instinct is to want them to go away. Sometimes we may leave the situation, we may try to gain control of our breathing, we may try to distract ourselves, but if the symptoms don't go away, we get more worried. Sometimes our attempts to control these symptoms may make the symptoms worse. For example, have you ever played with Chinese finger cuffs? [Explain that you put one finger of each hand into each end of a woven tube-like device; when you try to quickly pull your fingers out of it, the tube holds your fingers in place.] If you try to quickly pull your fingers out of the finger cuff, the cuff gets tighter. Panic symptoms can be very similar to that finger cuff; the harder we try to control the symptoms, the "tighter" or the more intense the symptoms can become. So instead of trying to make the symptoms go away, maybe it would be possible to let the symptoms occur, and relax our fingers in the cuff, knowing that, in time, the symptoms will go away.*

**Insomnia Advise Phase Script—Chapter 5**

*In the short-term, sleep medications can be very useful for helping people to get sleep when they really need to sleep. However, we know that for most people with sleep problems, there are things that they can do differently that can significantly improve their sleep if they stick with those changes for about a month. By making these changes, most individuals don't need sleep medications.*

*There are several things you might consider doing to improve your sleep. I'd like to tell you what those are and how they might work, and then you can tell me whether you think you want to do them. Going to bed when you are not sleepy and lying in bed awake is a sure way to make your sleep problem worse. The longer you stay in bed awake, the more you associate your bed with a place to be awake; the bed becomes a signal to be awake instead of asleep. I'd suggest you stop watching TV in bed as well. Watching TV is not compatible with sleep, so your bed becomes your couch or easy chair and is a reminder to watch TV, not sleep. I would also recommend stopping your 2-hour nap in the afternoon. That nap interrupts your sleep-wake cycle so you are not sleepy at night or, if you do fall asleep, your sleep is light and you wake frequently. Increased stress and worry is also a target for change. Stress and worry are not compatible with sleep, and, in fact, you have experienced this so much, that often when you are sleepy and get into bed, you immediately become alert and start worrying about the next day. Your bed has become your worry place. Learning relaxation strategies and getting out of bed when worry starts can help improve sleep and allow the bed to become a place to sleep and not be awake.*