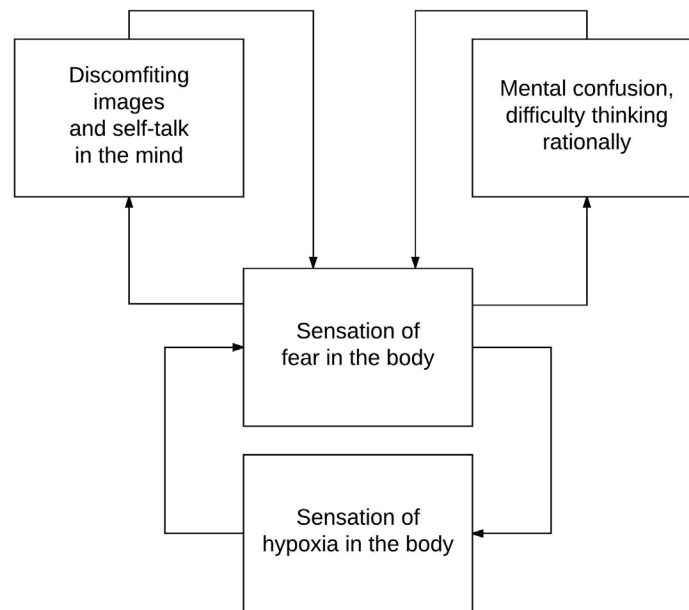


# The Panic Cycle



## How to Break the Cycle

1. "Deconstruct" the panic into its elements:
  - a. The body quality of fear
  - b. The body quality of shortness of breath
  - c. Mental images
  - d. Internal words
  - e. Mental quality of confusion
2. Infuse these elements with equanimity. Do this alternating between working with each element individually, then working with the entire aggregate collectively and then again with each element individually, and so forth.