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Self-modification programs focus on helping people manage unwanted or dysfunctional behavioral responses when dealing with their problems. For example, if you have panic attacks as a result of panic disorder (PD), a common dysfunctional behavioral response is avoidance.

Self-Modification Behavior to Cope With Panic Attacks

1. Adjustment and the Skills of Self-Direction. 2. Forethought: Specifying Targets, Anticipating Obstacles, and Creating Goals. 3. Self-Knowledge: Observation and Recording. 4. The Principles of Self-Regulation. 5. Antecedents. 6. Behaviors: Actions, Thoughts, and Feelings. 7. Consequences. 8. Developing a Successful Plan. 9. Problem Solving and Relapse Prevention.

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