

Keeping Track of Your Panic Attacks

It's very important to keep track of your panic attacks. The more you understand about them, the more you will feel in control of your fears and worries. Use this worksheet every time you experience a panic attack, filling it out as soon after the attack as possible.

Date _____

Time the Attack Began _____ Time the Attack Ended _____

Write down anything that triggered the attack, such as a body sensation, something you were thinking about, an event, and so on.

Rate your symptoms from 1=Mild to 10=Extreme

1. ____ Tightness or pain in your chest
2. ____ Heart racing
3. ____ Sweating
4. ____ Chills
5. ____ Hot flashes
6. ____ Dizziness
7. ____ Numbness or tingling
8. ____ Feeling of unreality
9. ____ Difficulty breathing
10. ____ Feeling of choking
11. ____ Fear of dying
12. ____ Fear of going insane

Total Score: ____ Average Score (Divide Total Score by 12): ____

Write down exactly what you did:

Before Your Attack

During Your Attack

After Your Attack

Write down anything you did* that helped you control your Panic Attack.

*Techniques that can help control your panic include breathing techniques, mindfulness techniques, and exposure techniques. Distracting yourself when you feel a panic attack coming on or avoiding the things that can trigger an attack may provide temporary relief, but they are not helpful in the long run. Magical objects or rituals are also not helpful and will just keep you from overcoming your panic attacks.