

Understanding Your Panic Attacks

The more you understand about your panic attacks the closer you will be to getting rid of them for good. This worksheet is designed to give you an overview of your panic attacks and how they fit into the rest of your life.

How often do your panic attacks occur? _____

How long do the panic attacks usually last? _____

Below is a list of common symptoms of panic attacks.

Rate the severity of each symptom on a one to ten scale with 1 = I do not have this symptom at all, and 10 = I have this symptom intensely.

- _____ Palpitations, pounding heart, or accelerated heart rate
- _____ Sweating
- _____ Trembling or shaking
- _____ Sensations of shortness of breath or smothering
- _____ Feelings of choking
- _____ Chest pain or discomfort
- _____ Nausea or abdominal pain
- _____ Feeling dizzy, unsteady, light-headed, or faint
- _____ Chills or heat sensations
- _____ Numbness or tingling sensations (paresthesia)
- _____ Feelings of unreality or that you are going crazy
- _____ Feelings that you are detached from yourself (depersonalization)
- _____ Fear of losing control
- _____ Fear of having a heart attack or dying

Note: The definition of a panic attack is the abrupt onset of intense fear or discomfort that reaches a peak within minutes and includes at least four of the above symptoms.

Answer Yes or No to the following questions:

_____ Do you experience a fear of places or situations where getting help or escape might be difficult, such as in a crowd or on a bridge?

_____ Do you feel unable to travel without a companion?

_____ For at least one month following an attack, have you felt persistent concern about having another one?

What usually helps your panic attacks go away?

How would you say that your panic attacks affect your quality of life? In other words, how do your panic attacks keep you from living life to its fullest?

How will your life change when you no longer have panic attacks?

List any ongoing medical conditions and the current medications you are taking (including vitamins and supplements).

Medical Conditions

Medications
