

Panic Attack Diary

Panic attacks will typically fade away once you lose your fear of them. But first, you must understand the specifics about why they occur. Use this worksheet to record each attack. Complete this form for each attack *as it occurs*.

Date	Level*	Time Began	Time Ended	Symptoms	Type*	Where Are You?	What Are You Doing?	Are You Alone?	Thoughts Before the Attack

* Rate your level of panic on a scale of 0 to 10, in which 0 means no panic, and 10 means the worst panic possible.

**There are three types of attacks: Spontaneous (S) that appear to come out of nowhere; Anticipatory (A) that occur while you are thinking of something you are afraid of; and Situational (Si) that occur while you are in the feared situation.