## 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?

\_\_\_\_\_For at least one month following an attack, have you worried about having a heart attack or "going crazy?"

\_\_\_\_\_For at least one month following an attack, have you changed your behavior to try to avoid another panic attack?

\_\_\_\_\_In addition to your panic attacks have you had other problems like changes in sleeping or eating habits?

\_\_\_\_\_Do you feel sad or depressed more days than not?

\_\_\_\_\_Do you feel disinterested in life more days than not?

\_\_\_\_\_Do you feel worthless or guilty more days than not?

\_\_\_\_\_During the last year, has the use of alcohol or drugs resulted in your failure to fulfill responsibilities at work, at school, or with your family?

\_\_\_\_\_During the last year, has the use of alcohol or drugs placed you in a dangerous situation, such as driving a car or gotten you arrested?

\_\_\_\_\_During the last year, has the use of alcohol or drugs continued despite causing problems for you or your loved ones?

Describe your typical panic attack.

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## 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

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