

Panic Attack Diary

DATE

06/04/79

START

2.55

END

3.05

PANIC INTENSITY

(0 - 100)

33

SITUATION

Where were you when the attack began?

In the store.

What were you doing before the attack?

Drumming shopping.

What were you thinking before the attack?

Wondering that I was going to panic.

PHYSICAL SYMPTOMS

- | | |
|--|---|
| ☒ Increased heart rate | ☒ Dizziness |
| ☒ Chest pain | ☒ Lightheaded |
| ☒ Palpitations | ☒ Numbness |
| ☒ Shortness of breath | ☒ Chills/heat |
| ☒ Choking | ☒ Detached from self |
| ☒ Sweating | ☒ Detached from reality |
| ☒ Trembling/shaking | ☒ Other: |

THOUGHTS

- ☒ I'm going to pass out.
- ☒ This will never end.
- ☐ I'm going to lose control.
- ☐ I'm going to have a heart attack.
- ☐ I'm going to die.
- ☐ Other:

EMOTIONS

Intensity (0 - 100)

- ☒ Anxious 30
- ☒ Fearful 70
- ☐ Angry
- ☐ Discouraged
- ☐
- ☐

BEHAVIOURS

What I wanted to do

Leave the store right away

What I did

Stayed there until the attack ended.

What were your worst fears during the attack?

That I would pass out and hit my head.

How were you talking back to your fears?

I remembered that I've had many panic attacks but only passed out one time.

How was your breathing during the attack?

Very quick at first until I slowed it down.

What were you doing to calm yourself down?

Focusing on my breathing and my immediate surroundings.

How did the attack end?

It lasted 10 minutes and gradually got better on its own.

What was the worst thing that **actually happened**?

I felt really uncomfortable and dizzy.

Is there anything you would do differently next time?

I think I handled this one okay.

How satisfied are you with your response?

Very satisfied.