

# Panic Attack Log

Name: \_\_\_\_\_

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, where 0 means no panic, and 10 means the worst panic possible.

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