

Understanding Your Panic Attacks Worksheet

Name: _____ Date: _____

Physician's Name: _____

How often do your panic attacks occur?

How long do the panic attacks usually last?

Instructions: Rate the severity of panic attack symptoms on a scale of 1 to 10, wherein 1 = I don't 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

_____ Choking feeling

_____ Chest discomfort or pain

_____ Nausea or abdominal pain

_____ Feeling dizzy, unsteady, faint, or light-headed

_____ Chills or heated sensations

_____ Paresthesia or numbness/tingling sensations

_____ Feeling that you're going crazy or unreality

_____ Depersonalization or feeling that you are detached from yourself

_____ Fear of losing control

_____ Fear of having a heart attack or dying

Important 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 symptoms above.

Instructions: Answer **YES** or **NO** to the following symptoms.

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

_____ Do you feel unable to travel without a companion

_____ For at least a month following the 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 a 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 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.

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?

Instructions: List any ongoing medical conditions and current medications you are taking (including vitamins and supplements), if any.

- Medical Conditions:

- Medications:

Reference: Shapiro, L. E., PhD. (2017). Understanding Your Panic Attacks. In The Panic Attack Workbook (pp. 1–3). Between Sessions Resources.