

# Am I Experiencing Panic Attacks?

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Have you ever been in a situation where you were very afraid, and where you felt:

Palpitations, pounding heart, or accelerated heart rate	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Sweating	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Trembling or shaking	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Sensations of shortness of breath or smothering	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Feeling of choking	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Chest pain or discomfort	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Nausea or abdominal distress	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Feeling dizzy, unsteady, lightheaded, or faint	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Chills or heat sensations	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Paresthesias (numbness or tingling sensations)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Derealization (feelings of unreality) or depersonalization (being detached from oneself)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Fear of losing control or going crazy	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Fear of dying	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If you ticked 'Yes' to at least four of the symptoms, it is likely that you have had a panic attack. Remember that panic attacks are very common, and are not dangerous. Having a panic attack does not mean that there is anything wrong with you, and you do not necessarily need to seek treatment, unless you find yourself worrying about having more panic attacks to such a degree that it is interfering with your life.