

# Worksheet

Professional Version | US English

# Panic Attack Progress Record



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## Description

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The *Panic Attack Progress Record* is a way to monitor how often you experience panic attacks, and how much anxiety and worry you have about your panic. Good CBT for panic involves recording your progress – to help you find out what is and isn't working – and many people find it motivating to monitor the effectiveness of their treatment.

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## References

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Whalley, M. G. (2017). *Psychology tools for panic*. Psychology Tools.

# Panic Attack Progress Record

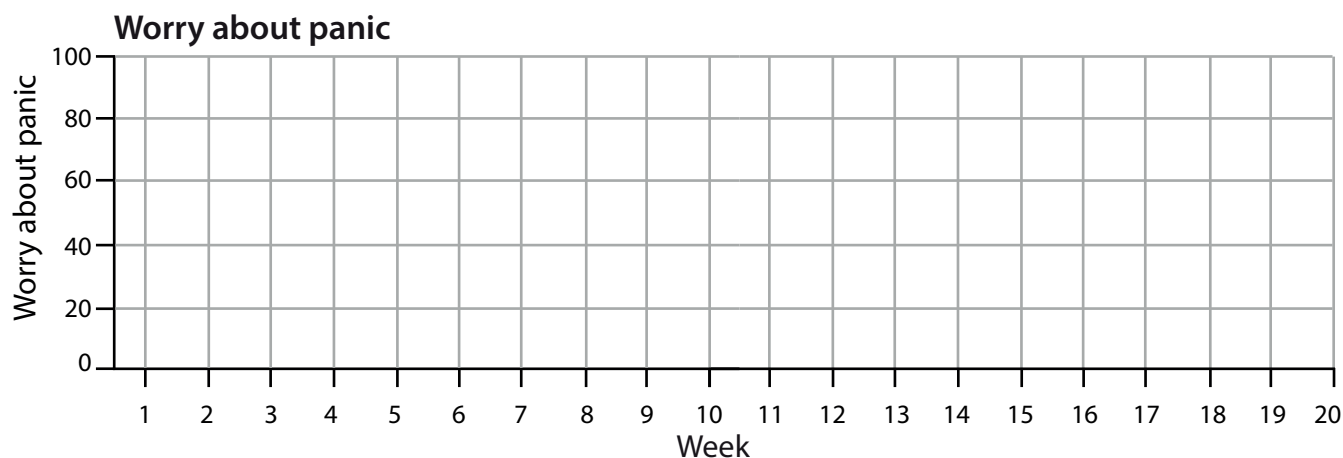
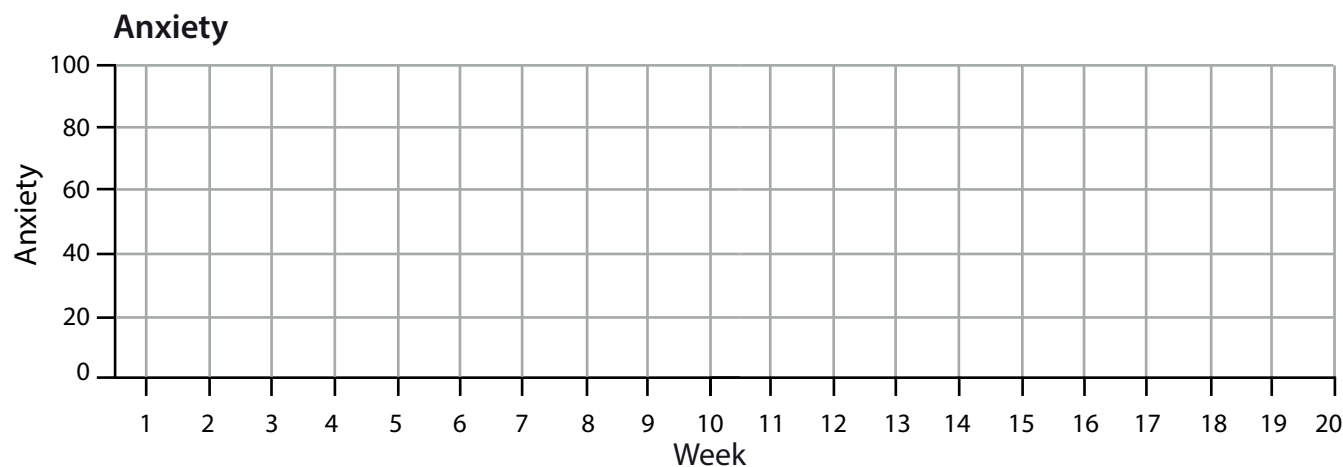
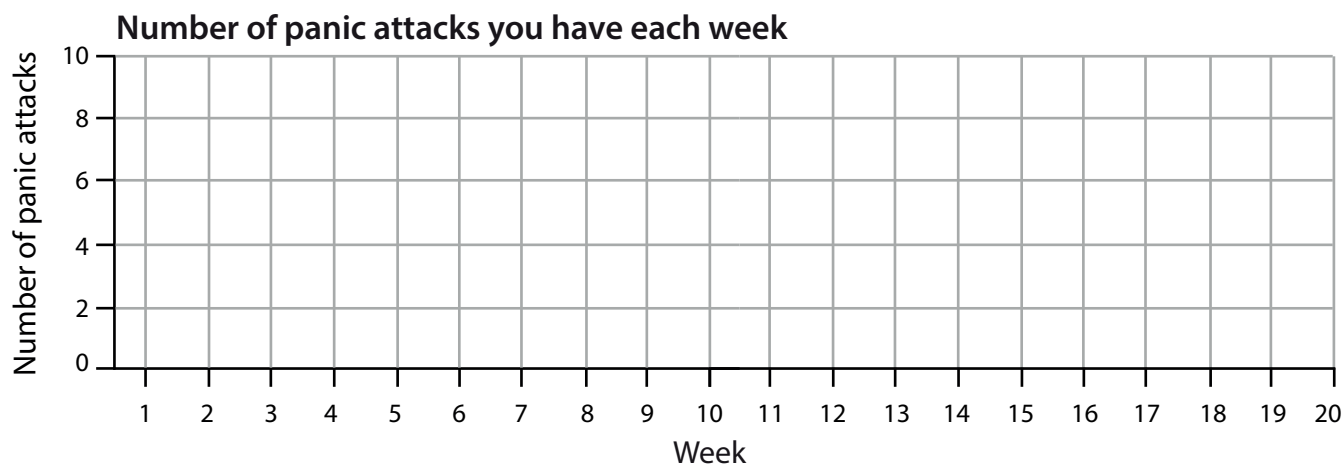
Regularly and accurately recording how you feel is very important in therapy. You should make the habit of doing it every day in order to obtain the most benefit.

Recording your symptoms every day:

- ✓ Gives you more accurate information compared to just asking yourself "how have I been feeling lately?"
- ✓ Allows you to evaluate your progress over time.

Use a *Panic Attack Record Form* to record details of your daily moods and any panic attacks you have for a month, completing a separate form for every panic attack.

Then use the graphs below to summarize your progress at the end of each week.



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# Panic Attack Progress Record

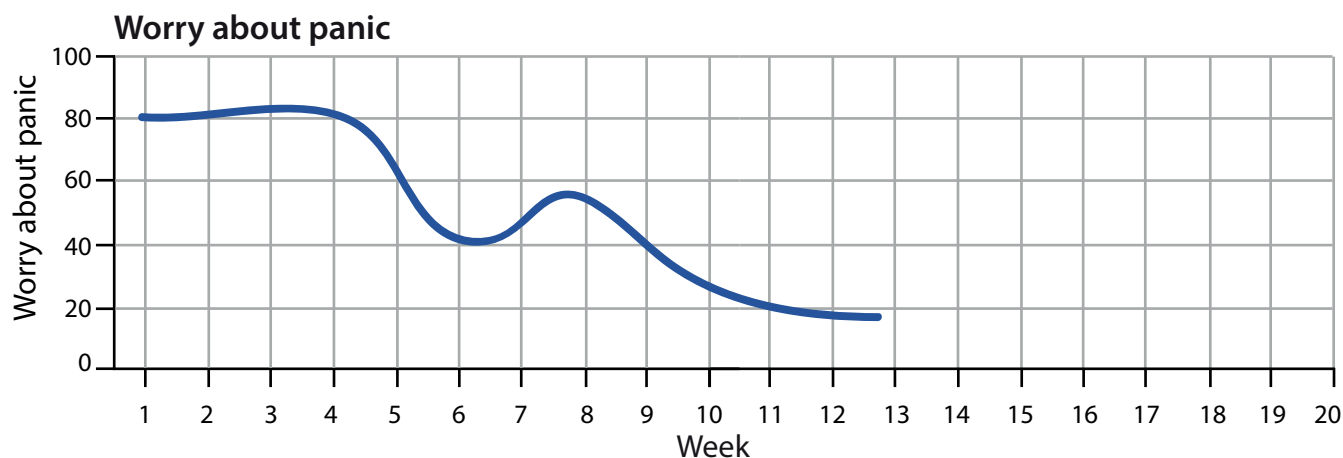
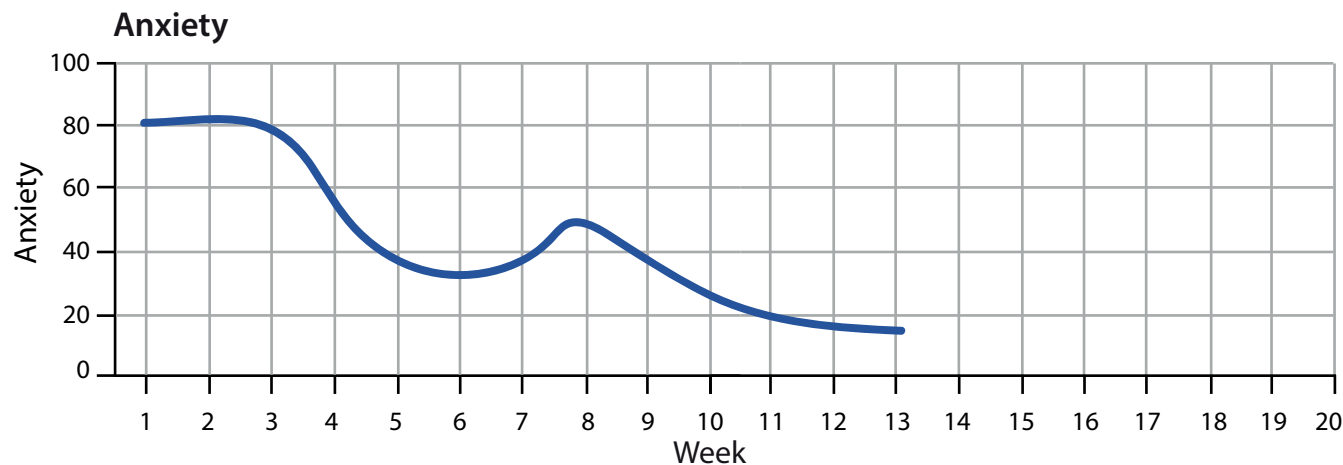
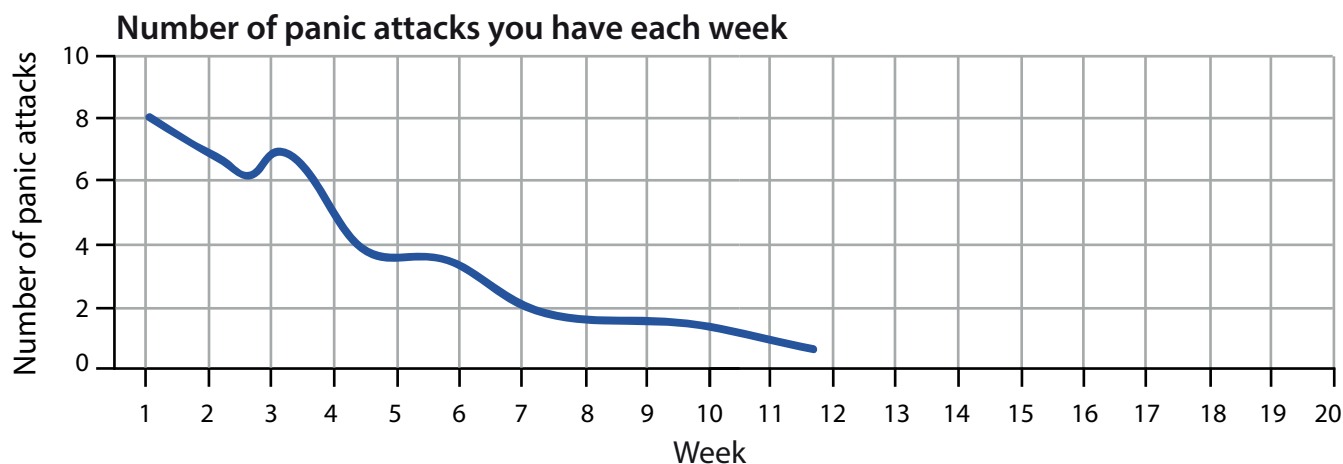
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**Resource details**

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