

Worksheet

Professional Version | US English

Panic Attack Record



Description

The *Panic Attack Record* is an essential part of treatment for panic. Use this worksheet to record details of panic attacks – ideally as close to the time of the panic attack as possible. You are guided to record the most important information including where and when the panic attack happened, physiological symptoms you experienced, thoughts you had during the panic attack, and things you did to cope with how you felt. The information gathered from (a series of) these forms can be used to guide the course of an individual's treatment for panic.

References

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

Panic Attack Record

Date & Time

Fear rating (0-100%)

Situation

Where were you?
Who were you with?

Trigger

What do you think caused your panic to start at that moment?

Symptoms

- Heart pounding, racing, or palpitations
- Sweating
- Trembling or shaking
- Shortness of breath
- Feeling of choking
- Chest pain or discomfort
- Nausea or stomach distress
- Dizziness, lightheadedness, or feeling faint
- Chills or hot flushes
- Numbness or tingling
- Feelings of unreality
- Fear of losing control or going crazy
- Fear of dying

Thoughts (or images)

What was going through your mind?
What were you predicting would happen?

Coping strategy

What did you do to cope?
What action did you take to make yourself feel better?

Panic Attack Record

Date & Time

Tuesday 5th march at 11:00.

Fear rating (0-100%)

90%

Situation

Where were you?
Who were you with?

At the checkout of the supermarket
On my own.

Trigger

What do you think caused your panic to start at that moment?

Too many people around me.

Symptoms

- Heart pounding, racing, or palpitations
- Sweating
- Trembling or shaking
- Shortness of breath
- Feeling of choking
- Chest pain or discomfort
- Nausea or stomach distress
- Dizziness, lightheadedness, or feeling faint
- Chills or hot flushes
- Numbness or tingling
- Feelings of unreality
- Fear of losing control or going crazy
- Fear of dying

Thoughts (or images)

What was going through your mind?
What were you predicting would happen?

I can't cope with this. I'm going to embarrass myself.

Coping strategy

What did you do to cope?
What action did you take to make yourself feel better?

Pretended I'd forgotten something then went away and waited until there was less of a queue at the checkout.

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