

Managing Panic

Recognizing the indicators of a panic attack can help you identify patterns and common triggers of your anxiety.

Managing Panic helps you explore the behaviors, feelings, and thoughts that frequently lead up to your panic attacks. You can use your insights when seeking professional help if necessary and work with your therapist to develop an appropriate treatment plan for managing anxiety.

Write your responses in the boxes provided.

Checklist of Panic Attack Indicators

Highlight the symptoms you experience during your panic attacks:

Indicator		Indicator	
A sense of impending doom, dread, or death		Sickness or nausea	
Elevated heart rate		Tingling or numb fingers, arms, legs, toes, or other body parts	
Fear of "losing your mind"/going insane		Feeling excessively hot or cold	
Tight throat/windpipe		Tight or painful chest	
Light-headedness or dizziness		Cold sweats	
Shaking, twitching, or tremors		Sensations of depersonalization (being "separate" from your body)	

Understanding Your Panic Attacks

Now think back to your latest panic attack, then answer the questions in the spaces.

What thoughts did you experience prior to the attack?

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What feelings or emotions did you experience before the attack?

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What were you doing before the attack?

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Consider how your panic attacks make you feel, both emotionally and physically.

On a scale of 1-5, rate how concerned you feel about experiencing another panic attack:

1 = not at all concerned; 5 = extremely concerned

On a scale of 1-5, rate the discomfort you experience due to your panic attacks:

1 = no discomfort at all; 5 extremely uncomfortable

Finally, reflect on how your panic attacks have impacted your actions and behaviors.

Have you changed your behavior as a result of your previous panic attacks?

(e.g. Avoiding social interactions, specific locations, certain activities)

How? List some examples.

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