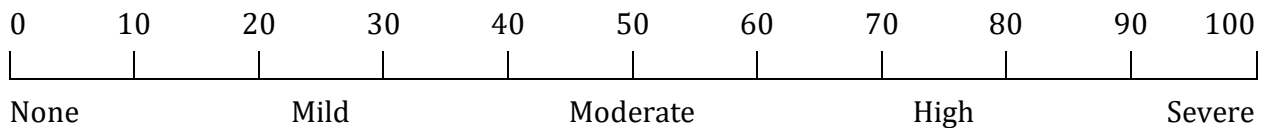


## MONITORING MY PANIC ATTACK EXPERIENCES

Make copies of this form and answer the questions for each panic attack experience.

### Anxiety Scale



1. Using the 0 to 100 scale, what number would you use to rate the overall level of your anxiety during the panic attack? \_\_\_\_\_
2. What symptoms of panic did you experience? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Approximately how long did your panic attack last? \_\_\_\_\_
4. What problems or stressful events were you experiencing shortly *before* your panic attack?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. What anxious or negative thoughts were you experiencing shortly *before* the panic attack? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



6. How did your family members, friends, or others react *during* and *after* your panic attack? .

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7. What strategies did you use to deal with your anxiety? \_\_\_\_\_

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8. How did the strategies help in managing your anxiety? \_\_\_\_\_

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9. What will you do differently, in the future, if you have another panic attack? \_\_\_\_\_

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