



## Panic Attack Diary

Record the time each attack occurred. For each attack, indicate which symptoms were present. Check relevant boxes. Note whether the attack was unexpected or situational.

DATE >											
	ATTACK NUMBER >	1	2	3	4	5	6	7	8	9	10
<b>SYMPTOM</b> - shortness of breath or smothering sensations - dizziness, unsteady feelings or faintness - skipping, pounding or racing of heart - trembling or shaking - sweating - choking sensation - nausea or abdominal stress - feeling outside your body or floating feeling or feeling things around you are strange, unreal or foggy - numbness or tingling sensations - flushes (hot flashes) or chills - chest pain or discomfort - fear of dying - fear of going crazy or doing something uncontrolled - other (please describe):	TIME >										
	Enter AM or PM >										
	OVERALL SEVERITY >										
Enter U or S >											
U = unexpected / unprovoked S = situational											

SEVERITY:	Rate the severity of the attack one of the following: MILD, MODERATE, SEVERE, VERY SEVERE.
SITUATIONAL:	Sudden attack that occurs when you are in or about to go into a situation, likely from your experience to bring on attack.
UNEXPECTED:	Sudden unexpected attack that occurs with little to no provocation, i.e., when NOT in a situation likely to bring on an attack.