

EXERCISE 26.B

MONITORING MY PANIC ATTACK EXPERIENCES

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

Anxiety Scale 0 10 20 30 40 50 60 70 80 90 100 None Mild Moderate High Severe Using the 0 to 100 scale, what number would you use to rate the overall level of your anxiety 1. during the panic attack? What symptoms of panic did you experience? _____ 2. Approximately how long did your panic attack last? 3. What problems or stressful events were you experiencing shortly *before* your panic attack? 4. 5. What anxious or negative thoughts were you experiencing shortly *before* the panic attack?

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ŀ	How did your family members, friends, or others react during and after your panic atta
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V	What strategies did you use to deal with your anxiety?
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ŀ	How did the strategies help in managing your anxiety?
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V	What will you do differently, in the future, if you have another panic attack?
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