

Panic – Self-Monitoring Record

A **panic attack** is a sudden surge of intense fear which is accompanied by:
• Strong body feelings (such as your heart beating rapidly, or finding it hard to breathe).
• Catastrophic thoughts (such as thinking that you will lose control, or you will die).

Situation Describe the situation that triggered your panic	Emotions & body feelings What did you feel? How strong was that feeling? (0–100%)	Thoughts What went through your mind? What were you predicting would happen?	Responses What did you do? How did you cope? What precautions did you take?
<p>Who were you with? What were you doing? Where were you? When did it happen?</p>		<p>If it was an image or memory, what did it mean to you?</p>	

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<p>Who were you with? What were you doing? Where were you? When did it happen?</p>		<p>If it was an image or memory, what did it mean to you?</p>		