

## Panic diary (with examples)



Complete columns 1-5 of this diary every time you have a panic attack or feel panicky. You can use it to record where you were and what you were doing, any physical symptoms you had and the frightening thoughts you experience.

You can then use the **Challenging Catastrophic misinterpretations** worksheet to find a helpful response to challenge your frightening thoughts (and fill in column 6). This can help you to manage a panic attack or stop it from happening.

Date and time	The situation Where was I? What was I doing? Who was I with?	Level of panic Rate 0-100	Physical symptoms	Catastrophic misinterpretation What did you think the symptoms meant? What frightening thoughts did you have?	Challenge catastrophic misinterpretation (real reason for symptoms)
<b>3 March 4pm</b>	<b>In supermarket shopping</b>	<b>95</b>	<b>Heart racing, dizzy, shaky, breathing very fast, nausea</b>	<b>I am going to faint in a crowded shop</b>	<p><b>Feeling dizzy and light-headed are symptoms of anxiety and not a sign that I am about to faint. You're actually less likely to faint during a panic attack than at any other time.</b></p> <p><b>Fainting is caused by a drop in blood pressure. During a panic attack the heart beats faster and our blood pressure rises.</b></p>
<b>10 March 8.30am</b>	<b>Travelling to work by myself on the bus</b>	<b>90</b>	<b>Pounding heart, hot, sweaty, dry mouth, rapid breathing</b>	<b>There's something wrong with my heart.</b>	<p><b>A fast-beating heart is a symptom of anxiety. It's part of the threat response - the body's way of responding to danger by getting ready to fight or flight.</b></p> <p><b>I didn't have a heart attack the last time I had a panic attack. Why should I be having one this time?</b></p>

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