

Panic diary



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)

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