

THE PANIC CHECKLIST



Assess your **PANIC PROFILE** by using the simple instructions and checklist below.

1	...A sudden wave of intense physical feeling hits you from Out Of The Blue. Do you FEEL any of the items on the PANIC CHECKLIST below?
2	...Now you think something terrible is about to happen to you. Do you WORRY about any of the items on the PANIC CHECKLIST below?

A panic attack can be so frightening that you live in fear of another attack. You may fear or avoid trapped situations where you would be unable to escape quickly to get help if another attack strikes.

3	...Do you FEAR OR AVOID items on the PANIC CHECKLIST?
---	--

Check off your PANIC FEELINGS, your FEARFUL THOUGHTS and your FEAR/AVOIDANCE AREAS.



This educational information should be used in consultation with your doctor to confirm a diagnosis and to review available treatments for panic disorder

YOUR PHYSICIAN HAS TOLD YOU THAT YOU ARE IN GOOD PHYSICAL HEALTH...

1

... but you FEEL

- Heart Pounding
- Shortness of Breath
- Lightheadedness
- Inner Trembling
- Hot/Cold Flashes
- Sweating
- Rubbery Legs
- Nausea
- Lump in the Throat
- Numbness / Tingling
- Chest Pressure / Heaviness
- Blurred Vision
- Head Pressure

2

... and you WORRY

- Heart Attack
- Suffocate
- Faint in Public
- Go Crazy
- Lose Control
- Act Foolish
- Fall Down
- Vomit
- Choke to Death
- Stroke
- Die
- Go Blind
- Brain Tumor

3

... You may FEAR or AVOID

- | | |
|--|---|
| <input type="checkbox"/> Crowds | <input type="checkbox"/> Restaurants |
| <input type="checkbox"/> Stores | <input type="checkbox"/> Traveling alone |
| <input type="checkbox"/> Shopping Malls | <input type="checkbox"/> Meetings |
| <input type="checkbox"/> Public Transportation | <input type="checkbox"/> Long Lines |
| <input type="checkbox"/> Social Gatherings | <input type="checkbox"/> Expressway Driving |