

## PANIC DIARY

<b>Day &amp; Date</b>	<b>Situation:</b> What happened? Who with, where etc	<b>Main body sensations</b> (e.g. Dizziness, mind-racing, breathless, shaking, palpitations, chest pain, nausea, choking feeling)	<b>Negative thought</b> Misinterpretation of body sensation: E.g. "I'm having a heart attack", "I'm going to faint" What was the worst that could happen?	<b>Answer to negative thought</b> What did you or could you have said to yourself that would have helped?	<b>Behaviour &amp; Consequence</b> What did you do? What happened as a result of the panic attack?	<b>How long panic lasted? (mins)</b>