



## **Panic Attack Diary**

### **Panic Attack (3 or more symptoms)**

#### **1. Situational (TYPE 1)**

Sudden anxiety attack with three or more symptoms that occurs when you are in or about to go into a situation likely from your experience to bring on an attack.

#### **2. Unexpected (TYPE 2)**

Sudden unexpected anxiety attack with three or more symptoms that occurs with little or no provocation, i.e, when NOT in a situation likely to bring on an attack.

### **Limited Symptom Attack (1 or 2 symptoms)**

#### **3. Situational (TYPE 3)**

Sudden attack limited to 1 or 2 symptoms when you are in or about to enter a situation likely from experience to bring on an attack.

#### **4. Unexpected (TYPE 4)**

Sudden attack limited to 1 or 2 symptoms that occurs with little or no provocation, i.e, when NOT in a situation likely from experience to bring on an attack.



### Anticipatory Anxiety

#### 5. (Type 5)

Anxious worrying about having a panic attack or anxious worrying about going in to a situation likely in your experience to bring on anxiety.

INSTRUCTIONS: When you get a Type 1, 2, 3, 4 or 5 attack write that number into that day's box. Enter one of these number each time you have an attack.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Mon	Tues	Wed	Thurs	Fri	Sat	Sun