

PANIC ATTACK RATING FORM

Panic attacks can seem frightening when a person is in the midst of one. The intense anxiety combined with symptoms such as shortness of breath, pounding heart, dizziness, trembling, and shaking can cause the person to feel like he/she is not in control. It may help to know that you are not alone. Many people suffer from panic attacks. The good news is that panic attacks can be treated successfully. There are strategies to help you manage your anxiety.

In this homework assignment, you are asked to complete a rating form each time you experience a panic attack. Before you are given the Panic Attack Rating Form, your therapist will talk with you about how to manage your anxiety. Your therapist may refer you for a medication evaluation. If you are placed on medication, then it is important to keep a close watch on how well the medication is helping to manage your anxiety. Your therapist will also provide training on different coping strategies, such as relaxation, deep breathing, positive self-talk, diversion, behavior substitution, and challenging your irrational thoughts.

We encourage you to remember that all people experience some anxiety from time to time. Anxiety is a normal part of life. In line with this thinking, we encourage you to try to accept your anxiety when you feel a panic attack is coming on. It may sound odd, but try to accept your anxiety and “go with it.” Relax and breathe deeply and slowly. Don’t fight it! Fighting or resisting the anxiety only serves to create more anxiety and tension.

Next, watch and rate your anxiety during the panic attack. Rate your anxiety on a scale from 0 to 10. Notice that the intensity of your anxiety will go up and down. Your anxiety will not stay at a high level forever. Your anxiety attack will pass.

Try to act as normally as possible. Perform many of the activities that you typically do in your everyday life. Remember to take slow, deep breaths.

If your anxiety persists, then just keep repeating these steps. Remember, the anxiety will pass. Your body will not allow you to have a panic attack forever.

After the anxiety attack has passed, compliment yourself on getting through it. Reflect on the positive steps that you have taken to manage your anxiety. Do not set a goal of never having another anxiety attack. Rather, remind yourself that you have the skills to manage your anxiety. Feel confident in knowing that if you do have another anxiety attack, you will know what to do.

PANIC ATTACK RATING FORM

Anxiety Scale



None Mild Moderate High Severe

- Please rate the overall level of your anxiety during the panic attack. _____
- What was the highest point of your panic attack? _____
- Approximately how long did your panic attack last? _____
- What problems or stressful events were you experiencing shortly *before* your panic attack?

- What anxious or negative thoughts were you experiencing shortly *before* the panic attack?

- How did your family members, friends, or peers react *during and after* your panic attack?

- What strategies did you use to deal with your anxiety?

- How helpful were the strategies in managing your anxiety?

- What would you do differently, in the future, if you have another panic attack?
