

Panic Attack Progress Record

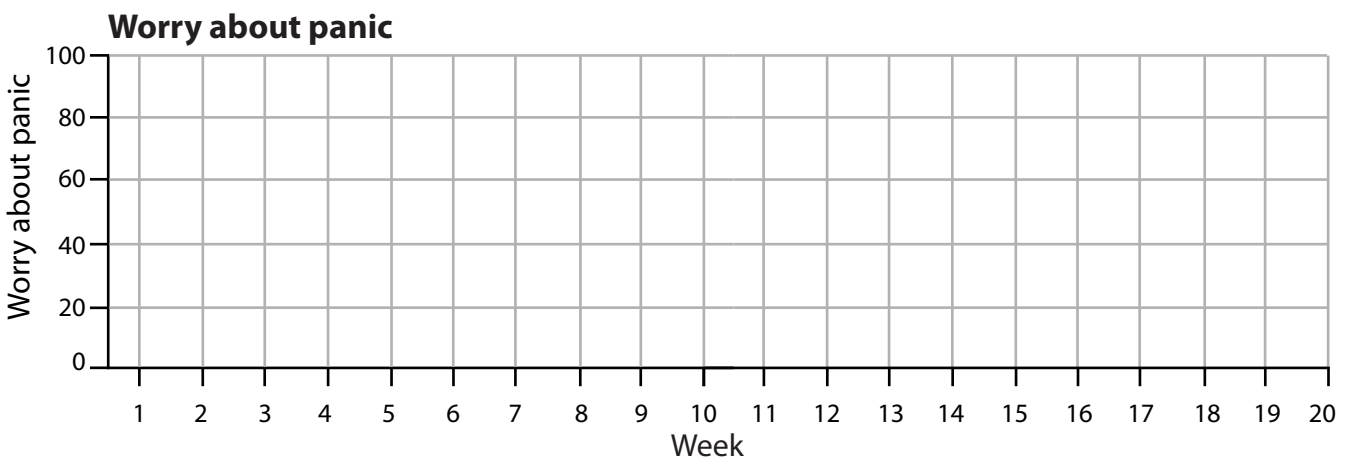
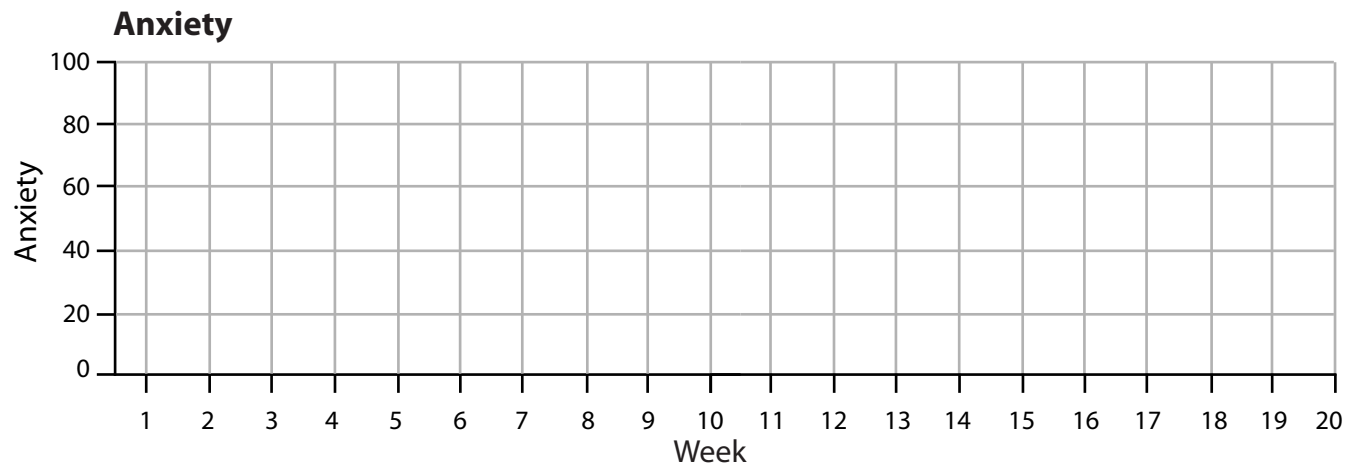
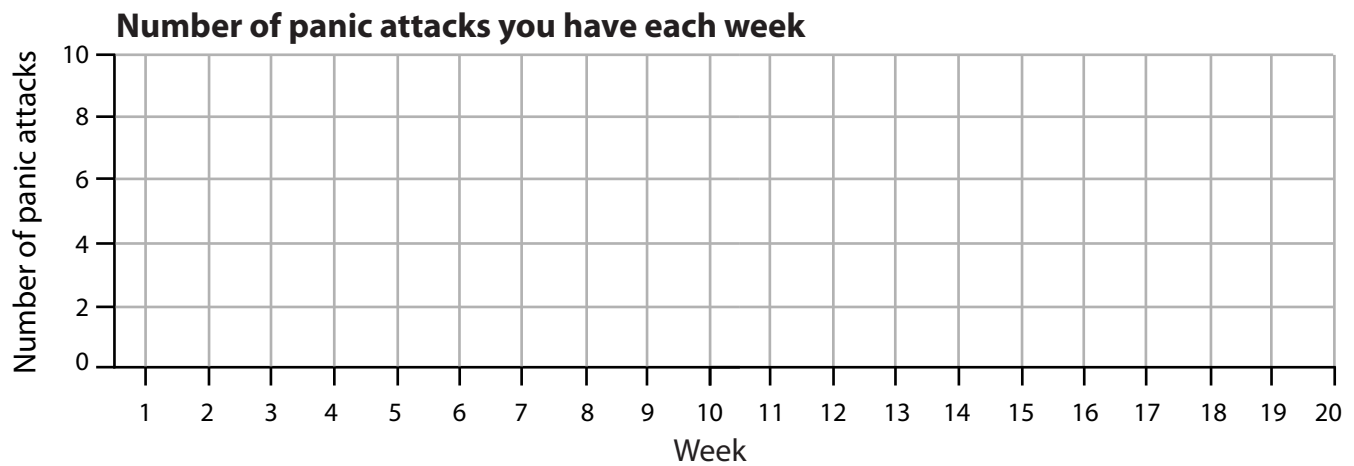
Regularly and accurately recording how you feel is very important in therapy. You should make the habit of doing it every day in order to obtain the most benefit.

Recording your symptoms every day:

- ✓ Gives you more accurate information compared to just asking yourself "how have I been feeling lately?"
- ✓ Allows you to evaluate your progress over time

The forms on the following pages allow you to record details of any panic attacks you have, and your daily moods, for a month. You should complete a separate form for every panic attack.

Use the graphs below to record your progress at the end of each week.



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