After a panic attack: what did I learn?

Fill this in soon after an attack: what you feared and what happened.

Name _____ Date _____

When and where

What I noticed first

What I was afraid would happen

What I did

What actually happened

How well did I cope, looking back?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Not at all — Very well

What I did that helped

What I would like to do differently next time

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