

Worksheet 1

List of common panic disorder symptoms

Symptoms	Tick if this applies to you
Palpitations, heart pounding/racing	
Sweating	
Trembling or shaking	
Shortness of breath or the feeling of being smothered	
Choking sensations	
Chest pain	
Nausea	
Tummy upset or discomfort	
Dizziness, light-headedness, feeling unsteady or faint	
Chills or heat sensations	
Numbness or tingling	
Feelings of unreality or like you are detached from yourself	
Fear of losing control or 'going mad'	
Fear that you are going to die	