

# Worksheet 8

## Panic diary

Date	Situation you were in when the panic attack happened and first symptom you noticed	Level of severity of panic attack (0-100 with 100 being the most severe it could be)	Main body sensations	How you interpreted the body sensations (0-100 where 0 = did not believe it to be completely believed the thought)	Alternative explanation and re-rate your negative interpretation of body sensations (0-100 where 0 = did not believe it to be completely believed the alternative explanation)

