



Talking
therapies



Client Reference:

Date:

Panic Diary

Day & Date	Situation: What happened? Who with, where etc.	Main body sensations (E.g. Dizziness, mind-racing, breathless, shaking, palpitations, chest pain, nausea, choking feeling)	Negative thought Misinterpretation of body sensation: E.g. "I'm having a heart attack", "I'm going to faint" What was the worst that could happen	Answer to negative thought What did you or could you have said to yourself that would have helped?	Behaviour & Consequence What did you do? What happened as a result of the panic attack?	How long panic lasted? (mins)