

Rating Symptoms of Panic Attacks

Below is a list of common symptoms of a panic attack. Rate the severity each on a one to seven scale with 1 = I do not have this symptom at all, and 7 = I have this symptom intensely. Put a mark on the scale that best describes the severity of this symptom when you have a typical panic attack.

Today's Date: _____

Racing heart 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7

Heart palpitations 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7

Chest pain or discomfort 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7

Difficulty breathing 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7

Vision problems 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7

Nausea 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7

Shaking 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7

Sweating 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7

Dizziness 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7

Numbness/tingling 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7

Feeling like you are going to die 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7

Other Symptoms (Describe) 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7

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