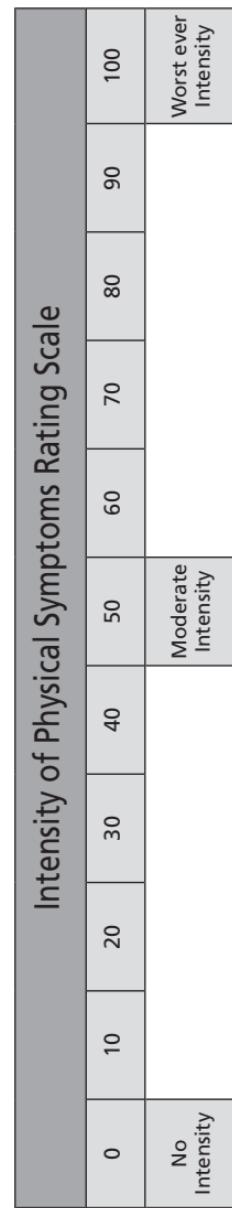


### My Panic Diary

Situation or object causing fear	Where were you, when was this, who were you with?	What was the thought (if there was one) about the situation or object going through your head <i>just before</i> you noticed your physical sensations?	Physical sensations associated with panic	Intensity of these physical sensations (0–100)	What do you fear about these physical sensations (what do you think will happen)??	Have you noticed anything about the situation or object that may have set your physical sensations and panic off?



Things that set off my physical sensations	Situation or object causing fear	Fear rating (0–100)

Fear Rating				
0	25	50	75	100
No Fear	Mild Fear	Moderate Fear	Severe Fear	Full Panic