




Intensity of Physical Symptoms Rating Scale										
0	10	20	30	40	50	60	70	80	90	100
No Intensity					Moderate Intensity					Worst ever Intensity

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

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