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## Step-by-Step Analysis of Panic Attack

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Where were you and what was going on when the panic attack first started? \_\_\_\_\_

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What happened first? A physical symptom, negative thought, or a behavior? \_\_\_\_\_

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What happened next? How did you react to the first physical symptom or negative thought? Did you notice more physical symptoms, more negative thoughts, or did you do something, such as seek help, lie down, or exit wherever you were?

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What happened next? Did the physical symptoms get worse, did you become even more scared about negative things happening?

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What was next? \_\_\_\_\_

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How did it end? \_\_\_\_\_

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