

My Panic Diary

1	2	3	4	5	6	7
Situation or object causing fear	Where were you, When was this, Who were you with?	What was the thought or image (if there were any) about the situation or object that went through you mind just before you noticed your physical sensations?	Physical sensations associated with panic	Intensity of these physical sensations (0-100) where 0 = 'No Intensity' and 100 is the 'Worst ever Intensity'	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?
Driving to work over Broadway bridge	In car alone, driving to work on Tuesday	'Oh it's a bit windy today I hope this bridge does not sway too much.'	Shallow breathing, shaky, bit sweaty and feeling a little cold.	70	I think I'm going crazy and am a bit worried that I am having these feelings again, they can't be good for me	I think it may be the bridge, I often feel like this when I have to drive over this bridge, but never realised just how much I hate it
Working on site and having to repair some windowsills	In flat 101, working alone.	'Oh I don't feel like feeling like this. I feel a bit wobbly and it's horrible being so close to the window, blimey it's a long way down.'	Shallow rapid breathing, dizzy shaking, felt like being choked	90	I wish these feelings would stop, they must be making me ill, I must be going crazy	It's not all the time, sometimes working in these flats is no problem, but I really don't like working in the higher ones. I wonder if it's something to do with the height?
Driving over the bridge again.	Car alone, driving to work on Wednesday.	'Here go the feelings in my body again, I hate this bridge.'	Rapid breathing, sweaty, shaky, cold.	75	I wish these feelings would stop, they must be making me ill, I must be going crazy.	OK I'm sure it's the bridge, I don't feel this way when I can avoid it but always when driving over it.
On site at work again, and once again near the window.	Flat 214, working alone.	'Oh, I'm getting dizzy again.'	Bit dizzy, rapid breathing, bit shaky	55	I just don't like feeling like this and am sure it can't be doing me any good.	I felt bad again, but looking above, it was not as bad this time, but interestingly was at a lower flat this time.