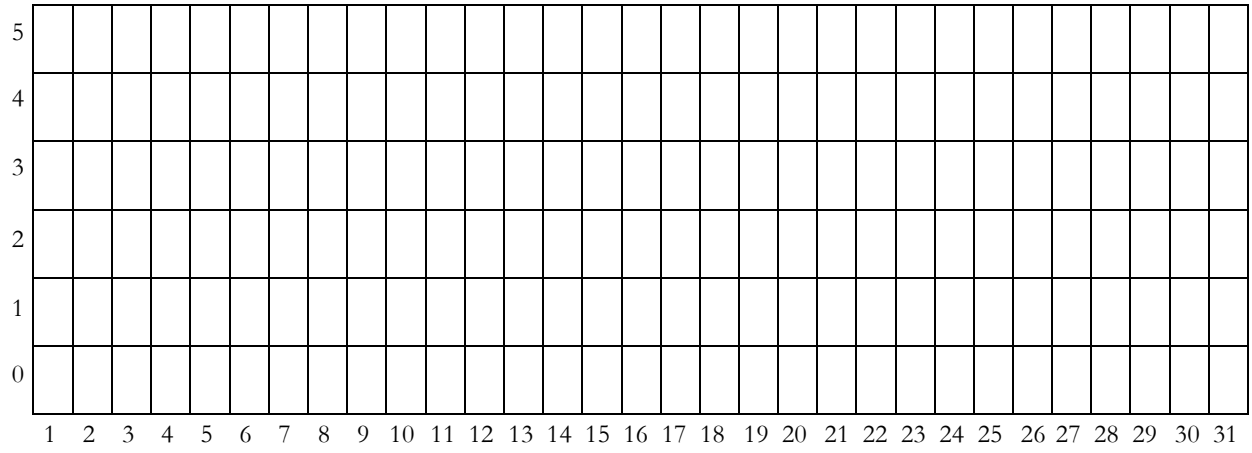
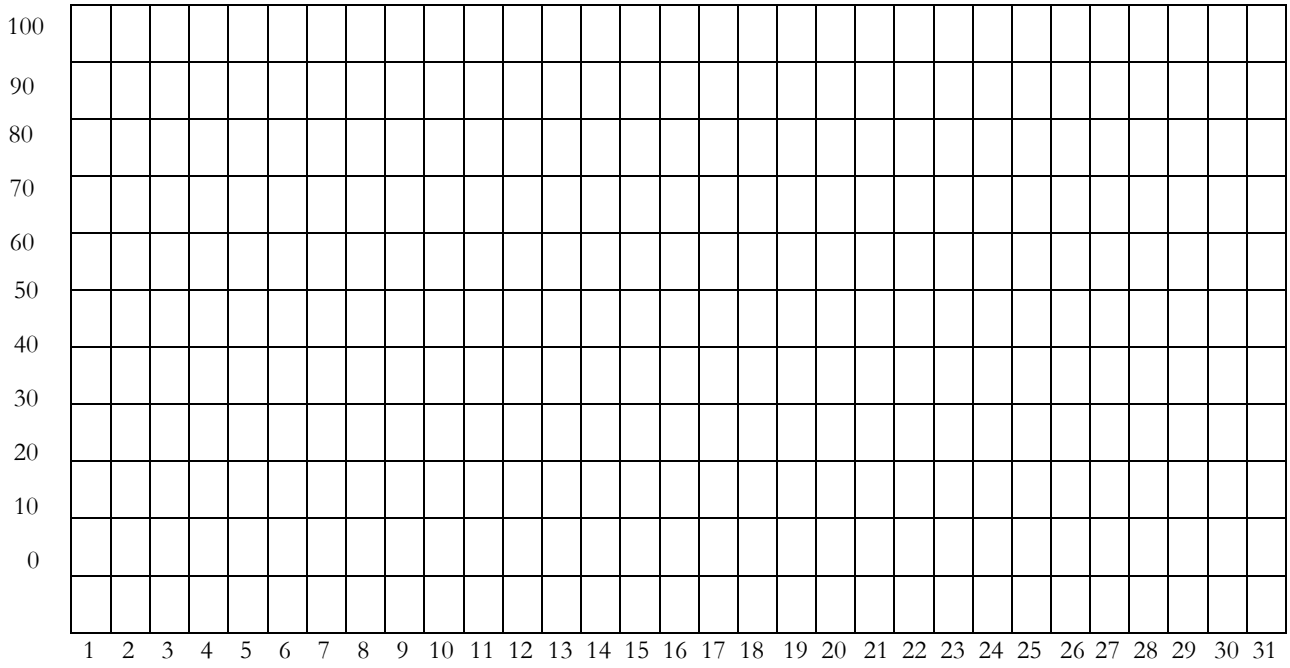
Panic Attack Monitoring Worksheet

Name: _____ Month and Year:_____



Date



Date

Panic is defined as a very sudden, intense surge of fear
If one or more panics, rate highest SUDS. SUDS: Subjective Units of Anxiety-Distress Scale.
0 = totally calm, no anxiety or fear. 50 = Moderate levels of anxiety/fear. 100 = Intolerable level of anxiety/fear