

Date & Situation (What happened, where, when, with who?)	Physical Body Symptoms (eg: dizziness, breathlessness, shaking, chest pain, nausea, choking)	Intensity of Panic (Rate from 0-100)	Negative Thought Misinterpretation / Feared Consequences (What did I think the symptoms meant? What did I think was going to happen?) Rate your belief in this thought from 0-100%	Behaviour (What did I do? What happened as a result of the panic?)	Alternative Explanation for symptoms (What the symptoms actually mean)