

Panic diary

Notice what happened, without judgement

Panic can feel sudden and frightening. You do not need to complete this during an episode. Return to it when you feel ready, and record only what seems useful.

Date:

Approximate time:

Where I was:

1. What was happening before panic began?

Situation, environment, people, events or no obvious trigger

2. What did I notice first?

First feeling, sensation, thought or change

3. What happened in my body?

For example: racing heart, shaking, dizziness, tightness or nausea

4. What did my mind predict or fear?

The thought or worry that appeared at the time

Panic diary

Explore the experience and what helped

5. How intense did panic feel at its strongest?

0	1	2	3	4	5	6	7	8	9	10
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0 = no panic

10 = most intense

6. What did I do next?

Actions, avoidance, seeking reassurance, asking for help or staying put

7. What helped, even a little?

Breathing, grounding, time, support, moving somewhere quieter, or something else

8. What happened as the episode passed?

What changed in my body, thoughts or surroundings?

9. What would I like to remember next time?

A kind reminder or something I learned

Panic diary

Spot patterns and make a gentle plan

After recording a few experiences, look for patterns without trying to force an explanation. Some episodes have no clear trigger. You can use this page on its own or alongside earlier diary entries.

Patterns I have noticed

Situations, sensations, worries, times of day or recurring pressures

Things that tend to help me

Supportive people, grounding methods, places, words or practical actions

Support I may want to ask for

A trusted person, GP, therapist or another appropriate professional

One compassionate step I can try

Keep it realistic, specific and manageable

A gentle reminder

Panic symptoms can feel alarming. New, severe or unexplained physical symptoms should not automatically be assumed to be panic; seek medical advice when appropriate.