

FIRST PANIC QUESTIONNAIRE

Please print and then complete the following:

1. When was your first panic attack?

2. Where were you?

3. What were you doing?

4. Were you alone or with someone else?

5. Were you facing any life challenges or changes at the time?

6. Had you experienced any recent losses or deaths?

7. Had you experienced any medical concerns?

8. Did you fear you might have a medical crisis or die at the time of the panic attack?

9. Did you fear you might lose control of yourself in some way or go crazy?

10. Did you fear social humiliation?

11. What symptoms did you experience?
