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Cognitive Therapy London

Professional, Confidential Counselling

Panic Questionnaire

By answering yes/no to each of these statements you will have an indicator of whether these

panic beliefs can be attributed to you

1	I have panic attacks when I'm far from home or a safe place.	Yes / No
2	If I have had a panic attack before I will have one again	Yes / No
3	If I don't continually monitor things and be vigilant they will happen again.	Yes / No
4	If I have a panic attack I may die.	Yes / No
5	If I have a panic attack I will lose control and make a fool of myself.	Yes / No
6	If I have a panic attack I will go crazy.	Yes / No
7	If I have a panic attack people won't respect me.	Yes / No
8	If I have to wait in a line I could scream, lose control, or start crying.	Yes / No
9	I must be near a significant other to be safe from panicking.	Yes / No
10	I can't function alone when I'm panicky.	Yes / No