**Panic Disorder and Agoraphobia Self Assessment Tool**

**Introduction**

Welcome to the Panic Disorder and Agoraphobia Self-Assessment Worksheet—a tool inspired by the Panic Disorder Severity Scale that is designed to help you evaluate the frequency and intensity of panic attacks, as well as any avoidance behaviors you may be experiencing. Panic disorder is characterized by sudden, overwhelming episodes of intense fear, often accompanied by physical symptoms such as a racing heart, shortness of breath, or dizziness. Agoraphobia, which can develop alongside panic disorder, involves avoidance of situations or places where escape might be difficult or help may not be available in the event of a panic attack.

This worksheet invites you to reflect on your experiences over the past month by considering the physical sensations you experience during panic attacks, the thoughts that accompany these episodes, and any environmental triggers that seem to set them off. By carefully tracking these factors, you can gain a clearer understanding of how panic and avoidance behaviors may be affecting your daily life. This self-assessment is intended to foster self-awareness and support you in identifying areas where further strategies or professional guidance might be beneficial.

Please note that this tool is for self-reflection and informational purposes only and is not a substitute for professional diagnosis or treatment. Your honest reflections can serve as valuable insights for personal management or as discussion points with a mental health professional.

**Instructions**

Reflect on your experiences during the past month. For each of the following questions, please indicate the frequency or intensity of the symptom or behavior described, using the scale below:

* **0** – Not at all / Never
* **1** – Rarely / Mild
* **2** – Sometimes / Moderate
* **3** – Often / High
* **4** – Almost always / Extreme

After each question, take a moment to write down any additional thoughts, specific examples, or notable triggers that come to mind. This reflection is an opportunity to capture the context of your experiences.

**Self-Assessment Questions**

1. **Frequency of Panic Attacks**
*How often do you experience sudden panic attacks?*
☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4
*Reflection:* Describe a typical panic attack. How long do they usually last?
2. **Intensity of Panic Symptoms**
*When you experience a panic attack, how intense is the physical discomfort (e.g., heart palpitations, shortness of breath, sweating)?*
☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4
*Reflection:* What physical sensations do you notice the most during an attack? How do these sensations impact your ability to function?
3. **Intrusive Thoughts During Attacks**
*To what extent do you experience distressing thoughts or catastrophic fears (e.g., fear of dying, losing control) during a panic attack?*
☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4
*Reflection:* Record any specific thoughts that frequently occur during these episodes.
4. **Avoidance Behaviors**
*How often do you avoid certain places or situations because you fear experiencing a panic attack or being unable to escape?*
☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4
*Reflection:* Identify the specific environments or scenarios you tend to avoid and describe why they feel particularly threatening.
5. **Impact on Daily Functioning**
*How significantly do panic attacks or avoidance behaviors interfere with your work, social life, or daily routines?*
☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4
*Reflection:* Provide examples of activities or responsibilities that have been disrupted by your symptoms.
6. **Physical Sensations in Non-Attack Moments**
*How often do you experience lingering physical symptoms (e.g., muscle tension, dizziness, lightheadedness) even when not in a full-blown panic attack?*
☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4
*Reflection:* Describe any persistent physical sensations and what you believe might be contributing to them.
7. **Emotional Aftermath**
*After a panic attack, how long do feelings of fear or anxiety typically persist?*
☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4
*Reflection:* Reflect on how long it takes you to recover emotionally and what strategies help you feel calmer.
8. **Triggers and Environmental Factors**
*How often do specific environmental factors (e.g., crowded places, loud noises, unfamiliar settings) trigger your panic symptoms?*
☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4
*Reflection:* Identify common triggers and describe how they affect your mood and behavior.
9. **Anticipatory Anxiety**
*How frequently do you experience anxiety in anticipation of a panic attack, even when no attack is imminent?*
☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4
*Reflection:* Share any instances where the fear of an upcoming attack has significantly influenced your plans or decisions.
10. **Coping Strategies Effectiveness**
*How effective are the strategies you use (e.g., deep breathing, grounding techniques, seeking reassurance) in reducing your panic symptoms?*
☐ 0 – Not effective  ☐ 1 – Slightly effective  ☐ 2 – Moderately effective  ☐ 3 – Very effective  ☐ 4 – Extremely effective
*Reflection:* Describe which techniques have been most helpful and any modifications you have made to improve their effectiveness.

**Scoring Your Assessment**

Add together your scores from each question to obtain your total symptom severity score. While there is no absolute cutoff provided here, a higher cumulative score indicates that panic attacks and agoraphobic behaviors may be significantly impacting your life. Reflect on the questions where you scored the highest; these areas might be key targets for developing more effective coping strategies or for discussing with a mental health professional.

**Reflection:**
Review your total score and the reflections you have written. What patterns or recurring triggers have you identified? How do your physical and emotional responses interact during and after a panic attack? Use these insights to guide your next steps in managing your symptoms.

**Next Steps and Further Resources**

Managing panic disorder and agoraphobia is a multifaceted process, and self-assessment is an essential first step toward recovery. Based on your reflections here, you may benefit from exploring additional resources available on our website, such as:

* **Stress Management Log:** Track your stressors and develop strategies to mitigate their impact.
* **Coping Skills Toolbox:** Access practical techniques and strategies to interrupt panic cycles and reduce avoidance behaviors.
* **Mindfulness and Present Moment Awareness Worksheets:** Cultivate mindfulness practices to help ground yourself during moments of anxiety.
* **Building Emotional Resilience:** Strengthen your capacity to manage distress and recover from panic episodes.
* **Releasing Emotional Baggage:** Learn techniques to let go of negative patterns that may fuel anticipatory anxiety and panic attacks.

Our website also offers a wealth of guided practices, educational videos, and curated reading lists that cover mental, emotional, and even spiritual approaches to managing anxiety. Whether you are seeking to refine your coping strategies, understand your triggers more deeply, or simply find reassurance in knowing you are not alone, you will find comprehensive support across our resource pages.

**Disclaimer:**
This worksheet is intended for self-assessment and informational purposes only. It is not a substitute for professional evaluation, diagnosis, or treatment. If your symptoms cause significant distress or interfere with your daily life, please consult a qualified mental health professional or seek immediate help.

Take your time with these reflections, and remember that every step toward understanding your symptoms is a step toward reclaiming control over your well-being. Your journey toward managing panic and agoraphobic symptoms is important, and you deserve the support and care needed to thrive.