

Name: \_\_\_\_\_

# Panic Attack Signs & Symptoms

L E Q N J S K R Z E N E Z R Q Y F I K N V O Y Q  
F I M G H O S K R O P O U N D I N G H E A R T P  
Z C Z M F V R E L U H W L G L E G U O E I N K A  
K S K F C N D L N P D I N G N I L G N I T U E L  
D R D Q C I V B L I A J B Y Q P K P R H A U O P  
V S O I F H Q N W U Z I I H W C D I L T K B E A  
J X F B K T I W T B H Z W P D Z F M I A W P W T  
I V G E W F E L G I J I I E P R A T G E A T K I  
U I N I A D C H L Z O N P D P A C M H R J M J O  
Z B I Y A R Y P C S Q E N Q L J Y K T B D L C N  
R I L T B P O D H A J L C S H R P L H F F N G S  
X Y B T G X U F A Q H F A I N T M U E O N U Z H  
Y Q M T F F Z B D E X C U W P Q A U A S H M B O  
Z R E O J O S P B Y T X A A Q Q G K D S X B K T  
A I R I W N S I S C I S Z M I M N M E E A N F F  
R K T A V F S H C W H N N L O B P X D N B E U L  
C H X Y J X Y V D X E E G U O T U A N T P S K A  
G D W L U J J N K V N A S O W C S R E R Z S B S  
N S A P A Y Q N E A Y X T T L D U C S O E V O H  
I O P D B H I M Y D M G A I P V L V S H C O C E  
O D Q L T C P K N A U S E A N A Z D H S N E A S  
G F E G G Q M G Y N L C S L D G I P P Z N Y M G  
N E E Y Q O I K G P C Y W N W K S N U M L O I L  
N A W B E R D Y J V J G U Y O X N W J T S W V Y

Shortness of breath  
Fear of dying  
Hot flashes  
Dizziness  
Tingling  
Nausea

Lightheadedness  
Stomachache  
Chest pain  
Trembling  
Numbness  
Chills

Pounding heart  
Going crazy  
Palpitations  
Unsteady  
Sweating  
Faint