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When some people don't understand things that are happening in their bodies they feel scared. When the fear is very strong it is called a panic attack. During a panic attack the person feels overwhelmed physically, emotionally, cognitively (thinking), and behaviourally. Many of the sensations are the result of the fight-flight response, which is an important, healthy, automatic reaction that can help you survive in an emergency. A panic attack develops suddenly and reaches a peak within 10 minutes. The table below lists common symptoms that people experience during a panic attack. Not all the symptoms are experienced by everyone who has panic.

Physical	Emotional
<ul style="list-style-type: none"> ■ palpitations, pounding heart, or accelerated heart rate ■ sweating ■ trembling or shaking ■ sensations of shortness of breath or smothering ■ feeling of choking ■ chest pain or discomfort ■ nausea or abdominal distress ■ feeling dizzy, unsteady, lightheaded, or faint ■ numbness or tingling ■ chills or hot flushes □ dilated pupils □ dry mouth 	<ul style="list-style-type: none"> ■ feelings of unreality or being detached from yourself □ intense apprehension □ intense fearfulness or terror □ sense of impending doom
Cognitive	Behavioural
<ul style="list-style-type: none"> ■ I'm losing control or going crazy ■ I'm going to die □ There is something terribly wrong □ I'm having a heart attack □ I'm having a stroke □ I can't take this □ I'm going to pass out □ If others notice they'll laugh or judge □ I'm trapped 	<ul style="list-style-type: none"> □ escape □ clinging □ avoiding □ hyperventilating

Items with black boxes are most often used by your doctor when making a diagnosis.