

## Anxiety attack – self-assessment

This is a list of symptoms that can help you identify whether or not you suffer from anxiety attack; tick off whatever corresponds:

		✓
1	Breathlessness, suffocation	
2	Dizziness, loss of balance, fainting	
3	Palpitations, racing heart	
4	Trembling or twitching	
5	Perspiration	
6	A choking sensation	
7	Nausea or stomach pain	
8	A feeling of strangeness, of unreality with respect to yourself or the outside world	
9	Numbness, pins and needles	
10	Hot flushes, shivers, alternating between hot and cold	
11	Chest pain or discomfort	
12	Fear of dying	
13	Fear of going mad or committing an involuntary act	

These results will guide your doctor or therapist and/or open further exploration.

