

At first, your diary may serve primarily as a record of your anxiety and how often you experience it. But as treatment continues and you learn new ways to respond to your anxiety, you may find the outcome become more positive - and the periods of anxiety becoming less frequent and less severe.

DATE	DID YOU HAVE ANY PANIC ATTACKS OR ANXIETY TODAY?	NOTE ANY SYMPTOMS YOU EXPERIENCED	HOW WOULD YOU RATE THEM? 1 = MILD 2 = MODERATE 3 = SEVERE	WHAT DID YOU DO IN RESPONSE?	OUTCOME
SEE THE SAMPLE ENTRY BELOW TO HELP YOU GET STARTED					
2/10	<input type="checkbox"/> No <input checked="" type="checkbox"/> Yes	<i>Felt like I was going to lose control during office meeting.</i>	3	<i>Used breathing exercises my doctor taught me.</i>	<i>Anxiety passed.</i>
	<input type="checkbox"/> No <input type="checkbox"/> Yes				
	<input type="checkbox"/> No <input type="checkbox"/> Yes				
	<input type="checkbox"/> No <input type="checkbox"/> Yes				
	<input type="checkbox"/> No <input type="checkbox"/> Yes				

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TRY TO CONTINUE YOUR DIARY FOR A FEW MONTHS					
	<input type="checkbox"/> No <input type="checkbox"/> Yes				
	<input type="checkbox"/> No <input type="checkbox"/> Yes				
	<input type="checkbox"/> No <input type="checkbox"/> Yes				
	<input type="checkbox"/> No <input type="checkbox"/> Yes				
	<input type="checkbox"/> No <input type="checkbox"/> Yes				