

Panic disorder

Preparing to Talk About Panic Episodes

Adults and teens 13+ | 10 to 15 minutes

Panic-like episodes can be frightening, and physical symptoms may have different causes. New, severe, or concerning symptoms need medical assessment rather than an assumption of anxiety. Once urgent needs are addressed, this page can help you discuss patterns, avoidance, and care options.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Describe the episode broadly

Note what you were doing, what you noticed, approximate timing, and what happened afterward. You do not need to deliberately recreate sensations, hold your breath, or test your tolerance.

Describe the effect between episodes

Explain whether worry about another episode changes travel, activity, or appointments. Ask a clinician about assessment, treatment rationale, and any planned practice. Exercises involving bodily sensations belong within appropriate individualized care.

1. What happened around an episode, and which symptoms or changes need medical discussion?**2. What did you do during or after it, and what help was available?****3. How has fear of another episode changed your daily choices?****4. What would you like to ask about assessment and a collaboratively planned treatment?****Clinical use and adaptation**

Rule out urgent medical concerns and assess substance or medication effects as appropriate. Do not offer generic reassurance that symptoms are harmless. This page excludes interoceptive exposure and breathing retraining; specialized treatment requires assessment and competent delivery.