



Solutions Treatment Center

The Way Forward

10 Questions to Help Identify Panic Disorder

1. Have you had episodes where you felt you might lose control?
2. When you are nervous or afraid do you sweat excessively or become flushed?
3. During these times do you ever experience uncontrollable shaking or trembling?
4. Do you experience a fast or pounding heart or palpitations that scare you?
5. Do you experience extreme fear with no apparent reason?
6. Do you ever fear that you are dying?
7. Do you avoid places where you might become panicky?
8. Do you ever feel pain, discomfort or tightness in your chest and think it is a heart condition?
9. Do you feel less panicky if you are accompanied by a trusted friend in a fearful situation?
10. Are you afraid when you feel sick, nauseous, bloated or experience abdominal stress for no apparent reason?

If you answered yes to two or more of these questions, you may have a problem with panic and it is likely that you would benefit from therapy or treatment.

Solutions Treatment Center can help. Call Today for more information.
877-499-1354 or visit our website at www.treatmentsolutions.org