

## Challenge Ladder for Panic

Check sensation you get with panic	Rate checked sensations on a 1 to 10 scale with 10 equaling most scary	Make a ladder from least scary to most scary sensation
<input type="checkbox"/> Dizzy or light-headed  <input type="checkbox"/> Increased heart rate, heart palpitations, tightness in chest  <input type="checkbox"/> Difficulty breathing  <input type="checkbox"/> Tingling or numbness in your face, hands, and feet  <input type="checkbox"/> Nausea, nervous stomach, intestinal cramping or diarrhea, dry mouth or gag reflex  <input type="checkbox"/> Vision changes or feelings of unreality  <input type="checkbox"/> Hot and sweaty  <input type="checkbox"/> Cold and clammy  <input type="checkbox"/> Other sensation:		