

Children differ in their abilities to handle emotions and behave appropriately in several situations. For each item listed below, rate how well your child handles emotions and behaves compared to other children of the same age.

Panic Disorder:

Compared to other children of the same age, most of the time, how well does this child:	Far below average	Below average	Slightly below average	About average	Slightly above average	Above average	Far above average
1. Avoid or limit moments of intense fear or discomfort that occur 'out of the blue'							
2. Keep the mind free from worries about experiencing intense fear or discomfort							
3. Return to typical behaviors/activities after experiencing a moment of intense fear or discomfort							
Compared to other children of the same age, <u>during moments of intense fear or discomfort</u>, how well does this child:	Far below average	Below average	Slightly below average	About average	Slightly above average	Above average	Far above average
1. Keep a regular heartbeat							
2. Keep dry and cool							
3. Keep hands steady							
4. Breathe at their typical speed							
5. Breathe without choking sensations							
6. Remain without chest discomfort or pain							
7. Keep a settled stomach							
8. Keep clear-headed							
9. Maintain feelings of a comfortable body temperature							
10. Maintain feelings in their hands or feet							
11. Maintain awareness of oneself							
12. Feel in control							
13. Feel physically safe							