

Daily Activities That Produce Panic Sensations

Running up flights of stairs

Walking outside in intense heat

Hot, stuffy rooms

Hot, stuffy cars

Hot, stuffy stores, or shopping malls

Walking outside in very cold weather

Aerobics

Lifting heavy objects

Dancing

Sexual relations

Watching horror movies

Eating heavy meals

Watching exciting movies or sports events

Getting involved in "heated" debates

Having showers with the doors and windows closed

Having a sauna

Hiking

Sports

Drinking coffee, caffeinated beverages

Eating chocolate

Standing quickly from a sitting position

Getting angry