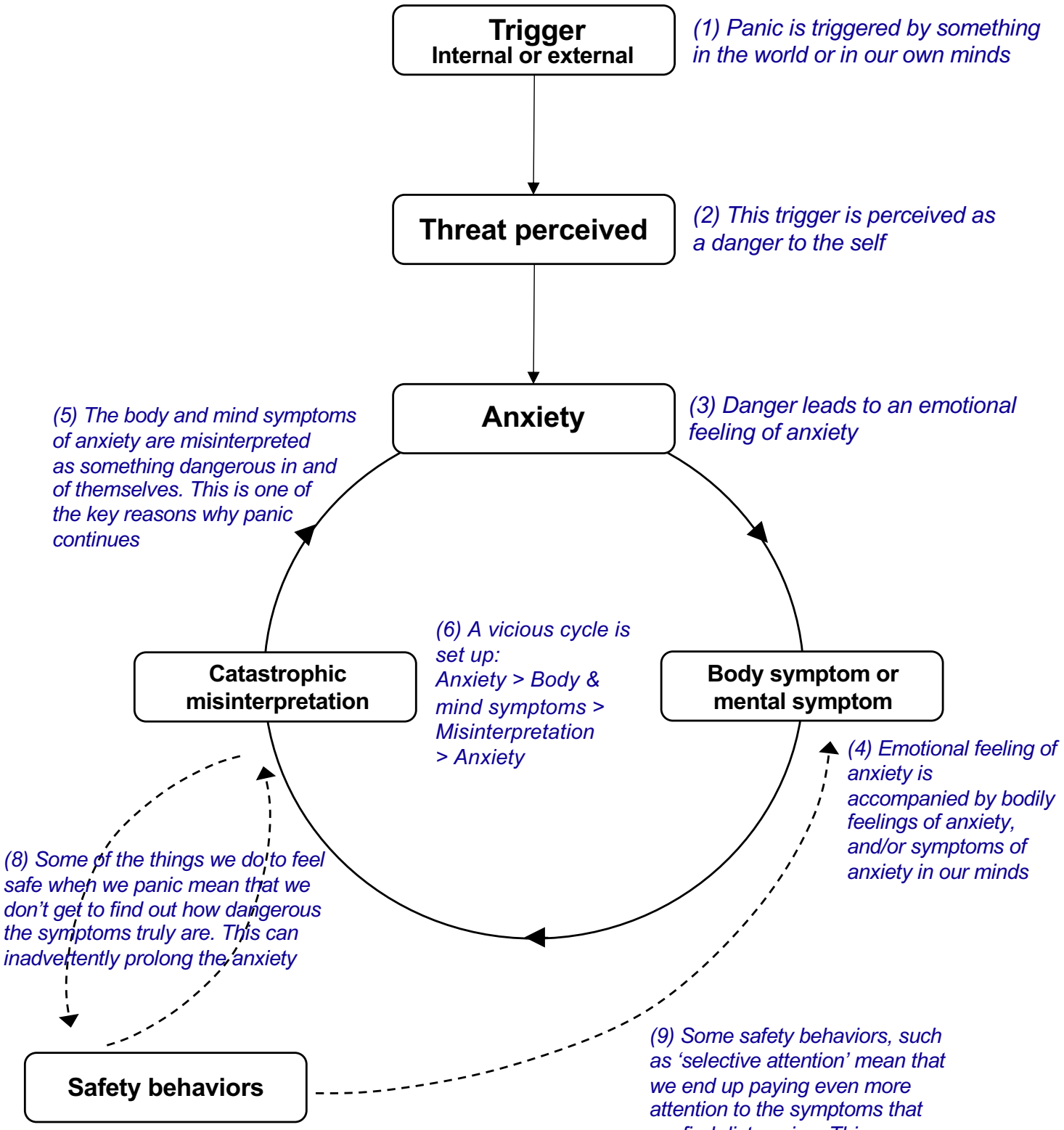
Understanding My Panic

Everyone's panic is different, but it often follows a typical pattern. Have a look at the diagram below and see if you notice any parts which occur during your panic attacks.



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