

**Attacks/Emotions Diary**

For each attack you have, try to write down when this happened, what symptoms you experienced before the attack, during the attack (sometimes a witness can help with this) and after an attack. Also think about what sort of day you were having and what was happening. Try to be specific. If you were watching TV what were you watching? If chatting to friends, what about? Also think about how you were feeling that day.

Try to do this straight after an attack. Keeping a diary like this can help you to recognise activities, emotions or situations that might be triggering your attacks.

<b>Date and Time of Attack</b>	<b>Symptoms Before</b>	<b>Symptoms During</b>	<b>Symptoms After</b>	<b>Rate the day 0 - 10</b>	<b>What had been going on in the day?</b>	<b>What emotions were you feeling?</b>

Information about non-epileptic attacks and non-epileptic attack disorder:

[www.nonepilepticattacks.info/](http://www.nonepilepticattacks.info/)

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