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{
  "disease": "Panic Disorder",
  "symptoms": [
    {
      "symptom": "Recurrent attacks of severe anxiety or Panic",
      "communicationEnglish": [
        "Unexpectedly or spontaneously, I get repeated episodes of anxiety or panic attacks",
        "I experience sudden, intense waves of anxiety without any apparent reason",
        "Out of nowhere, I find myself hit by repeated waves of anxiety or panic",
        "There are moments when intense anxiety or panic attacks catch me off guard",
        "Suddenly, I'm overwhelmed by waves of anxiety or panic without any clear reason",
        "I go through unexpected bouts of severe anxiety or panic, and it's really unsettling",
        "It feels like I'm constantly on edge, anticipating these sudden waves of anxiety or panic",
        "Without warning, I experience intense anxiety or panic that comes in waves",
        "It's like a rollercoaster - sudden, intense episodes of anxiety or panic without warning",
        "I get caught up in these cycles of severe anxiety or panic, seemingly out of nowhere",
        "Out of the blue, I find myself in the grip of repeated episodes of anxiety or panic",
        "There are times when I'm hit with intense waves of anxiety or panic unexpectedly",
        "It's hard to predict when these waves of anxiety or panic will hit me",
        "Without any rhyme or reason, I go through sudden and severe anxiety or panic attacks",
        "I experience these intense bursts of anxiety or panic, and it's really disconcerting",
        "It's like a storm - sudden and severe waves of anxiety or panic that I have to weather",
        "There's no pattern to it - unexpected episodes of intense anxiety or panic come and go",
        "Out of nowhere, I'm hit with these overwhelming waves of anxiety or panic",
        "I find myself grappling with these sudden and severe bouts of anxiety or panic",
        "It's like a sudden storm of anxiety or panic that sweeps over me unexpectedly",
        "Without any warning signs, I go through repeated episodes of severe anxiety or panic",
        "It feels like a rollercoaster ride - sudden and intense bouts of anxiety or panic"
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    {
      "symptom": "Chest pain",
      "communicationEnglish": [
        "I feel pain in my chest during these episodes",
        "Chest pain is a common symptom during my panic attacks",
        "During these episodes, I often experience sharp pain in my chest",
        "One of the unsettling aspects of my panic attacks is the chest pain I feel",
        "It feels like there's this tightness or discomfort in my chest during these episodes",
        "Chest pain is a regular part of my panic attacks, and it's really distressing",
        "I get this intense, squeezing sensation in my chest when a panic attack hits",
        "The chest pain during my panic attacks is sometimes really intense",
        "It's like there's this pressure on my chest during the worst moments of my panic attacks",
        "One of the alarming features of my panic disorder is the chest pain I experience",
        "My chest often feels heavy and painful during the peak of a panic attack",
        "The chest pain during these episodes adds an extra layer of fear and discomfort",
        "I can physically feel the pain in my chest, and it's a scary aspect of my panic attacks",
        "The chest pain is like a sharp ache that comes and goes during a panic attack",
        "It's not just anxiety; there's this real, physical pain in my chest during panic attacks",
        "The chest pain is a constant reminder of the intensity of my panic attacks",
        "During the worst moments, the chest pain feels like a heavy weight on my chest",
        "The pain in my chest is sometimes the most distressing part of a panic attack",
        "Feeling pain in my chest is a clear sign that a panic attack is about to hit",
        "The chest pain is like a stabbing sensation during the most intense moments of panic",
        "There's this throbbing pain in my chest that accompanies the anxiety of a panic attack",
        "Experiencing chest pain during a panic attack adds a layer of physical discomfort to the mental distress"
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    {
      "symptom": "Palpitation",

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    "communicationEnglish": [
        "My heart races during these anxiety episodes",
        "I experience palpitations as if my heart is beating too fast",
        "My heart goes into overdrive during these anxiety episodes",
        "I feel my heart racing as if it's trying to beat out of my chest",
        "One of the scary parts of my panic attacks is the rapid beating of
my heart",
        "It's like my heart is on a sprint, racing uncontrollably during
these anxiety moments",
        "I experience palpitations, and it feels like my heart is pounding
in my chest",
        "The sensation of my heart beating too fast is a clear sign of an
impending panic attack",
        "During anxiety episodes, my heart feels like it's in a marathon -
racing without control",
        "Palpitations are a constant reminder of the physical toll panic
attacks take on me",
        "My heart seems to skip a beat, and the palpitations are really
unsettling",
        "Feeling my heart race is one of the most alarming aspects of my
panic disorder",
        "The rapid palpitations make it feel like my heart is working
overtime",
        "It's not just anxiety; it's this overwhelming sensation of my heart
racing uncontrollably",
        "The palpitations create this intense awareness of my heartbeat, and
it's really uncomfortable",
        "Experiencing palpitations feels like my heart is doing somersaults
in my chest",
        "During anxiety episodes, my heart beats so fast that it's hard to
catch my breath",
        "The palpitations make me feel like my heart is in a race against
time",
        "It's like my heart is trying to keep up with the anxiety, racing at
an alarming speed",
        "Feeling my heart pounding is a physical manifestation of the
intensity of my panic attacks",
        "Palpitations are like an internal alarm system, signaling the onset
of a panic attack",
        "The rapid beating of my heart adds a layer of physical discomfort
to the anxiety of panic episodes"
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},
{
    "symptom": "Difficulty breathing",
    "communicationEnglish": [
        "I have difficulty breathing during a panic attack",
        "Breathing becomes hard and labored when I'm anxious",
        "During a panic attack, it feels like I can't catch my breath, and
it's really scary",

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"Breathing becomes a struggle, and it's one of the toughest parts of my panic episodes",

"There's this sensation of not being able to breathe properly during my panic attacks",

"It's like the air is thinning out, and I find myself gasping for breath during anxiety moments",

"I experience difficulty breathing, and it adds to the overall distress of a panic attack",

"Breathing becomes hard and erratic, making it even more challenging to cope with anxiety",

"One of the unsettling aspects of my panic disorder is the feeling of suffocation during attacks",

"During anxiety episodes, my breaths feel shallow, and it's difficult to get enough air",

"I struggle to take deep breaths, and it feels like I'm constantly short of breath",

"It's not just mental distress; the physical sensation of difficulty breathing is overwhelming",

"Breathing becomes labored, and it's like my lungs can't expand properly during panic attacks",

"I find myself fighting for each breath, and it's a terrifying aspect of my panic disorder",

"During panic attacks, it feels like there's a weight on my chest, making it hard to breathe",

"The difficulty in breathing is like being trapped, and it intensifies the anxiety of the moment",

"It's a suffocating feeling, like there's not enough air to go around during a panic attack",

"I struggle with each breath, and it feels like my body is in a constant state of panic",

"Breathing becomes strained, and it's as if my lungs can't fully expand during anxiety episodes",

"I feel like I'm suffocating, and the struggle to breathe adds an extra layer of fear to panic attacks",

"During a panic attack, it's like there's a tightness in my chest, making it difficult to breathe",

"The difficulty breathing is a physical manifestation of the intensity of my panic disorder"

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  {
    "symptom": "Sweating",
    "communicationEnglish": [
      "I start sweating profusely during these episodes",
      "Sweating without any apparent reason is a symptom I experience",
      "I break into a heavy sweat during these panic episodes, and it's really uncomfortable",
      "Sweating profusely is one of the noticeable signs that a panic attack is hitting me",
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"It's like my body goes into overdrive, and I start sweating excessively during anxiety moments",

"Sweating without any warning is a common symptom I experience during panic attacks",

"The sudden onset of profuse sweating is a clear indicator that a panic episode is underway",

"It feels like my body is overheating, and I start sweating uncontrollably during panic attacks",

"There's this intense clamminess - I break into a sweat even if it's not hot during anxiety episodes",

"Sweating becomes a noticeable and uncomfortable part of my physical response to panic attacks",

"It's not just nerves; it's this overwhelming sensation of my body breaking out into a sweat",

"I find myself drenched in sweat, and it's a physical manifestation of the intensity of panic moments",

"Sweating is like an outward sign of the internal chaos happening during a panic attack",

"I experience sudden and excessive sweating, and it adds to the overall discomfort of panic episodes",

"It's like my body is trying to cool down, and I start sweating profusely during these moments of panic",

"Sweating becomes a visible and distressing symptom that accompanies my panic attacks",

"There's this sudden surge of perspiration, and I start sweating even in cool environments during anxiety episodes",

"The sweating is not proportional to the temperature - it's a direct result of my panic episodes",

"I feel this overwhelming warmth, and it's accompanied by a sudden burst of sweating during panic attacks",

"Sweating becomes a physical response that I can't control during the peak of a panic episode",

"It's like my body is on high alert, and the excessive sweating is part of the panic response",

"The sudden and intense sweating is like my body's way of expressing the stress and anxiety I'm feeling"

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"symptom": "Dizziness",

"communicationEnglish": [

"Dizziness is a common symptom during my panic attacks",

"I feel lightheaded and dizzy when anxious",

"One of the unsettling aspects of my panic attacks is the feeling of dizziness",

"I experience bouts of lightheadedness and dizziness during these panic episodes",

"It's like the world is spinning, and I feel dizzy during the peak of my panic attacks",

"Dizziness is a regular companion during my panic attacks, making it even more distressing",

"I get this sensation of being off-balance, and it's a clear sign that a panic attack is hitting me",

"Feeling lightheaded becomes a prominent part of the physical discomfort during panic attacks",

"It's not just mental stress; there's this physical aspect of dizziness that accompanies my panic episodes",

"Dizziness kicks in, and it's like my surroundings become surreal during anxiety moments",

"The feeling of being woozy and off-kilter is a distinct feature of my panic disorder",

"During panic attacks, I find myself struggling to maintain balance due to the dizziness",

"Dizziness is like a disorienting fog that descends upon me during the intensity of panic moments",

"The world starts to sway, and I feel lightheaded - it's a clear sign of an impending panic attack",

"I experience a spinning sensation, and it's like my equilibrium is disrupted during panic episodes",

"Dizziness becomes a disconcerting part of the overall physical response to panic attacks",

"It's like my head is in a fog, and I feel dizzy and disoriented during these anxiety moments",

"Feeling dizzy is not just uncomfortable; it adds to the overall sense of panic and fear",

"The dizziness is like a whirlwind, making it difficult to focus and stay grounded during panic attacks",

"During anxiety episodes, I battle with this overwhelming sense of dizziness and disorientation",

"I find myself swaying and feeling off-balance, and it's a physical manifestation of my panic disorder",

"Dizziness is like a rollercoaster ride, intensifying the already distressing experience of panic attacks"

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{

"symptom": "Depersonalization",

"communicationEnglish": [

"Sometimes I feel like floating in the air",

"I experience a sensation of being detached from myself",

"There are times when I feel like I'm floating in a dreamlike state, disconnected from reality",

"Experiencing depersonalization is like watching myself from a distance, as if I'm not really here",

"It's this surreal feeling of being detached from my own body, like I'm an observer of my own life",

"I go through moments where I feel like I'm in a fog, and everything seems unreal",

"The sensation of depersonalization is like being on autopilot, disconnected from my surroundings",  
"Sometimes, it feels like I'm a spectator in my own life, detached from the emotions and experiences",  
"I find myself in this strange state where everything seems distant and unreal",  
"Experiencing depersonalization is like being in a movie, where I'm just an actor playing a role",  
"It's as if I'm separated from my own thoughts and emotions, like I'm in a different dimension",  
"There's this odd feeling of not being fully present, like I'm on the outside looking in",  
"Depersonalization is like a temporary loss of self, where I struggle to connect with reality",  
"I encounter moments where I feel like an outsider to my own existence, detached and distant",  
"It's like I'm wearing a mask, going through the motions without truly feeling connected",  
"During these episodes, it feels like I'm in a bubble, isolated from the world around me",  
"Depersonalization is like a veil between me and reality, making everything seem hazy",  
"I go through phases where I feel like I'm not fully grounded in reality, like I'm in a dream",  
"Experiencing depersonalization is like being in a foggy haze, where everything is blurred",  
"It's this odd sense of disconnection, where I struggle to recognize myself or my surroundings",  
"There are times when I feel like a ghost in my own life, ethereal and disconnected",  
"Depersonalization is like a brief journey into an alternate reality, where things don't quite make sense"

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{
  "symptom": "Derealization",
  "communicationEnglish": [
    "I feel like I am in a dream world",
    "At times, the world around me seems unreal",
    "Sometimes, everything around me takes on a surreal quality, like I'm in a different reality",
    "There are moments when the world feels distant, as if I'm experiencing it through a haze",
    "At times, it's like the environment loses its vividness, and everything appears muted",
    "I go through phases where the world seems out of focus, like I'm living in a blurry reality",
    "It's as if the surroundings become strangely unfamiliar, like I'm in a distorted version of reality",
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"During certain episodes, it feels like I'm walking through a dream, detached from the real world",

"There are instances when the world around me loses its usual clarity, becoming strangely dreamlike",

"It's like I'm in a parallel universe, where everything is similar but somehow not quite right",

"At times, reality seems to shift, and I find myself questioning the authenticity of my surroundings",

"The world takes on a surreal quality, as if I'm watching it unfold from a different perspective",

"During these moments, the familiar becomes unfamiliar, and I struggle to connect with my environment",

"There's a sense of unreality, like the world is a stage and I'm just observing the scenes",

"It feels like I'm caught in a dream world, where the rules of reality don't fully apply",

"At times, the ordinary becomes extraordinary, and I question the authenticity of what I see",

"The world around me loses its usual solidity, and everything seems to be in a state of flux",

"It's like I'm walking through a movie set, where the backdrop feels artificial and unreal",

"There are instances when the surroundings appear distant, like I'm watching them from afar",

"During certain phases, the world becomes a hazy landscape, and it's difficult to grasp its true nature",

"It's as if the world is painted with a surreal brush, creating an otherworldly atmosphere",

"At times, the reality I perceive feels like a delicate illusion, easily disrupted by the slightest doubt"

]

},

{

"symptom": "Fear of losing control",

"communicationEnglish": [

"I often fear that I might lose control over myself",

"There's a persistent fear of losing control during these attacks",

"The constant worry of losing control hangs over me during these panic episodes",

"There's this nagging fear that I might lose the reins on myself when a panic attack hits",

"It's like there's a looming threat that I'll lose control, and it adds to the anxiety of the moment",

"The fear of losing control is like a dark cloud that follows me during my panic attacks",

"I find myself grappling with the persistent fear that I won't be able to keep things together",

"There's this unsettling sensation of teetering on the edge, afraid that I might lose control",



"It's not just the panic; there's this constant fear that I might completely lose control over myself",  
 "The fear of losing control is a constant companion, intensifying the distress of panic attacks",  
 "During these episodes, I battle with the relentless fear that I won't be able to maintain control",  
 "There's a gripping anxiety, a fear that I might lose control and everything will spiral out of hand",  
 "The fear of losing control feels like a weight on my shoulders during the peak of panic moments",  
 "I often grapple with this overwhelming fear that I'll lose control over my thoughts and actions",  
 "It's like there's a threat of losing myself in the chaos, and the fear of it consumes me during panic attacks",  
 "The persistent fear of losing control is like a shadow that looms larger during moments of panic",  
 "There's this inner struggle to hold onto control, fearing that it might slip away during panic episodes",  
 "I battle with the fear that I might act irrationally and lose control over my own reactions",  
 "The fear of losing control is like a silent scream in the background, heightening the intensity of panic attacks",  
 "It feels like I'm walking on a tightrope, afraid that any moment I might lose control and fall into chaos",  
 "The fear of losing control is like a ticking time bomb, creating a constant undercurrent of anxiety",  
 "During panic attacks, the fear of losing control becomes a palpable and distressing reality"

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  {
    "symptom": "Fear of dying",
    "communicationEnglish": [
      "I am frequently afraid of death during these episodes",
      "The fear of dying overwhelms me during a panic attack",
      "The constant dread of death looms over me during these panic
episodes",
      "There's this persistent fear that I might not make it through the
panic attack alive",
      "It feels like the fear of dying is a heavy weight on my chest
during moments of panic",
      "The fear of death becomes an overwhelming force, making each panic
attack feel like a battle for survival",
      "I grapple with the genuine fear that this panic attack might be the
end for me",
      "It's not just anxiety; there's this genuine terror that I might not
survive the intensity of panic attacks",
      "The fear of dying is like a dark shadow that intensifies the
distress of each panic episode",
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"There's an unsettling sensation that this panic attack might lead to something more ominous, like death",  
"During these moments, the fear of dying grips me, making it difficult to focus on anything else",  
"It's like there's a constant threat of mortality hanging over me during panic attacks",  
"The fear of dying feels like a visceral experience, a genuine and terrifying concern",  
"There's a palpable and genuine fear that this panic attack might be a step closer to the end",  
"I often grapple with this intense fear that I might not come out of the panic attack alive",  
"The fear of dying during panic attacks is like a haunting presence that I can't shake off",  
"It's not just a fleeting worry; the fear of death becomes a dominant theme during panic moments",  
"I find myself caught in this inner turmoil, afraid that each panic attack might lead to my demise",  
"The fear of dying is like a relentless wave that crashes over me during the peak of panic episodes",  
"There's this haunting fear that intensifies with each panic attack - the fear of my own mortality",  
"It's like I'm facing a genuine threat to my life with each panic attack, and the fear is paralyzing",  
"The fear of dying is like a dark cloud that hovers over me, casting a shadow on every panic episode"

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{
  "symptom": "Sleep disturbances",
  "communicationEnglish": [
    "I have sleep disturbances as a result of these panic attacks",
    "My sleep is often disrupted due to anxiety",
    "The panic attacks really mess with my sleep, and I often find it hard to get a good night's rest",
    "My sleep is constantly disrupted by the anxiety, leaving me tired and restless in the morning",
    "It feels like the panic attacks have taken over my nights, causing frequent sleep disturbances",
    "I struggle with sleep, and it's directly linked to the anxiety I experience during panic episodes",
    "The anxiety from panic attacks seeps into my sleep, causing disruptions and restless nights",
    "Sleep disturbances have become a regular part of my life, courtesy of the panic disorder",
    "It's not just the daytime; the anxiety follows me into the night, leading to sleep troubles",
    "The aftermath of panic attacks often lingers into my sleep, making it difficult to get quality rest",
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"My nights are filled with interruptions, thanks to the sleep disturbances triggered by panic episodes",

"The constant worry and fear make it hard to have a peaceful night's sleep without interruptions",

"Sleep disruptions have become a frustrating aspect of dealing with panic disorder",

"It's like my sleep is held hostage by the anxiety, resulting in frequent disturbances",

"I find myself tossing and turning in bed, unable to escape the grip of sleep disturbances",

"Sleeping has become a battleground, with panic attacks causing disturbances throughout the night",

"The anxiety-induced sleep disturbances leave me feeling drained and exhausted in the morning",

"I wake up multiple times throughout the night, a clear sign of the sleep disruptions caused by panic attacks",

"The fear and worry from panic attacks cast a shadow on my ability to enjoy a peaceful night's sleep",

"Dealing with panic disorder means dealing with the constant challenge of sleep disturbances",

"It's a vicious cycle - panic attacks disrupt my sleep, and lack of sleep exacerbates my anxiety",

"The toll of panic attacks extends beyond the day, affecting the quality of sleep I get each night"

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}
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