

1. Suddenly scared for no reason	2
2. Feeling fearful	3
3. Faintness, dizziness, or weakness	2
4. Nervousness or shakiness inside	1
5. Heart pounding or racing	2
6. Trembling	3
7. Feeling tense or keyed up	4
8. Headaches	3
9. Spell of terror or panic	2
10. Feeling restless or can't sit still	1