<table>
<thead>
<tr>
<th>Frequency</th>
<th>Never</th>
<th>Rare</th>
<th>Sometimes</th>
<th>Often</th>
<th>Very Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chest pain (sore chest wall)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Feeling tense (physical tension)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Blurred vision (fuzzy eyes)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Dizzy spells (light-headedness)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Feeling confused (poor concentration/spaced out)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Faster deeper breathing</td>
<td></td>
<td></td>
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<tr>
<td>Short of breath (breathlessness)</td>
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<tr>
<td>Tight feelings in chest</td>
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<tr>
<td>Bloated feeling in stomach (upset gut)</td>
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<tr>
<td>Tingling fingers</td>
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<tr>
<td>Unable to breathe deeply (sighing a lot)</td>
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<tr>
<td>Stiff fingers or arms</td>
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<tr>
<td>Tight feelings around mouth</td>
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<tr>
<td>Cold hands or feet</td>
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<tr>
<td>Heart racing (palpitations)</td>
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<td></td>
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<tr>
<td>Feelings of anxiety (busy brain)</td>
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</tr>
</tbody>
</table>