

I Think I'm Going to Faint

Look closely at the fear of collapsing, and what has actually happened so far.

WHEN TO USE THIS

Use this when the lightheaded feeling is the part that scares you most.

Describe the feeling that makes you think you are about to go down.

How many times has it felt this way, and how many times did you fall?

TIMES IT FELT CERTAIN

TIMES IT HAPPENED

TIMES IT FELT CERTAIN	TIMES IT HAPPENED

What do you do when it starts? Does that make it better or worse?

Sitting down, gripping something, holding your breath.

If you have actually passed out, or this is new, get it looked at by a doctor. That is worth knowing for sure.

The feeling is real. What it predicts is a separate question, and worth checking.