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# **Anxiety Panic Attack Symptoms - Find Out What are the Main 3 Anxiety Panic Attack Symptoms**

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One of the reasons why you might think that you've never had an anxiety panic attack is because you might have either attributed to something else, OR you might not have realised what it was!

1. Have you ever had **heart palpitations**, also called rapid heartbeat, having your heart beating 'up your ears'? Well that is the most common anxiety attack symptom ever. And the most misunderstood one as well. People tend to take anxiety panic attack symptom for a heart attack. If you're really having a heart attack, the main sensation is different: strong crushing sensation inside the chest and a continuous sort of pain. I bet you've had the first, but not the second one? It's because anxiety panic attacks do tend to happen more often than heart attacks. Be glad about it!

2. **Shortness of breath**. Now this is the second main symptom of an anxiety panic attack. Unfortunately, it's one of the worst one to have as well, simply because we humans need air to survive. That's the number one survival instinct. And not getting air...you get the idea...

3. **Excessive sudden sweating**. How embarrassing. Imagine you're at the office, at work, and suddenly, out of nowhere you start sweating like a sauna addict, with no visible reason for it. You haven't been jogging, haven't been in a fitness training club, haven't run up and down your office stairs. You simply sit at your desk in front of your monitor, or in store behind the desk, and start sweating. And other start noticing. Yikes. Has it ever happened to you? If not, you're lucky. If yes, you're shuddering just remembering the episode(s)...

If you've experienced any of these symptoms, there's much more to it. Maybe you have experienced other symptoms as well, and you're curious what they are, and how to avoid them. In that case make sure you read what other [Anxiety Panic Attack Symptoms](#) exist, and see what is the best [Anxiety Panic Attack Symptoms Cure](#) exists at the moment that gets you symptoms free!

I have suffered of anxiety panic attacks for years until I found a cure. I would like to share with you what helped, as I am sure it will help you too.

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