

Interoceptive Exposure

This worksheet outlines various ways to replicate the physiological symptoms of anxiety.

Interoceptive Exposure is based on the premise that exposure to panic-related physiological symptoms helps us recognize and feel more familiar with them when they arise unexpectedly.

Check with a physician or health professional prior to completing any of the exercises, as they are designed to cause some discomfort.

Use the *Exercise* column to read through the instructions for the physiological symptom you would like to induce, then carry out the activity for a period of time that you feel comfortable with. The time frames provided are only recommendations.

In the *Thoughts and Physical Symptoms*, note the bodily sensations you experience, along with the thoughts that came to mind while you were completing the exercise.

Rate your anxiety in the final column on a scale of 1-100%, where 1 is the lowest anxiety and 100% is the highest.

Exercise	Thoughts and Physical Symptoms <i>Did your body feel anything? What passed through your head?</i>	Anxiety Rating <i>Rate your anxiety on a scale of 1-100%</i>
Breathing		
1 min: Breathe heavily and excessively Make your breath deep, rapid, and vigorous		
30 sec: Hold in your breath for 30 seconds		
2 min: Use a drinking straw to breathe, using only your mouth		



<i>Twirling and Shaking</i>		
3 min: Twirl on the spot for 30 seconds, then stand still for 30 seconds. Repeat.		
30 sec: Shake your head rapidly from one side to another. Stare straight ahead without closing your eyes.		
1 min: Sitting in a rotating chair, twirl in place for 60 seconds.		
<i>Physiological</i>		
2 min: Rapidly, but carefully, pace up and down a flight of stairs		
2 min: Jog or sprint in place Raise your legs high with each step		
1 min: Tighten or scrunch your whole body		
<i>Head Spin</i>		
1 min: Lie flat for 60 seconds, then suddenly sit up		
1 min: Sit with your head between your thighs for 60 seconds, then quickly sit straight up		



<i>Depersonalization and Derealization</i>		
3 min: Stare at an eye-level dot on a wall.		
3 min: Stare at a 60 Watt lightbulb for 30 seconds (45 cm away), then read a newspaper for 30 seconds. Repeat.		
2 min: Focus on a plain surface or wall for 120 seconds. Don't blink.		