










Interceptive Exposure

 If you have any health concerns, or physical health problems, then you should speak to your doctor about the suitability of the exercises for you before you attempt them. They are designed to be uncomfortable, but shouldn't be painful.

Activity	Symptoms & Thoughts <i>(What discomforts do you feel? What thoughts do you think of?)</i>	Anxiety (0-100)
Breathing Close mouth Breathe normally, then inhale deeply  1 min		
Breathe through nose Hold your mouth and breathe through a sticking straw  2 min		
Hold your breath  30 sec		
Physical exercise Run quickly on the spot Lift your knees high  2 min		
Step up and down on a step Hold on to a handrail for balance  2 min		
Touch all body muscles  1 min		
Spinning & shaking Spin while sitting in an office chair Do not touch car  1 min		
Spin around while standing up Make sure to brace yourself enough spinning hasn't upset to suffer  1 min		
Shake your head from side to side Don't look straight ahead, keep your eyes open  30 sec		
Head-on & Put your feet between your legs Stretch up quickly  1 min		
Lie down flat on the at least one release stretch up quickly  1 min		
Usefully Stare at your left hand Concentrate without thinking  2 min		
Stare at a blank wall Concentrate without thinking  2 min		
Stare at a fluorescent light and then try to see something  1 min		