












## Interoceptive Exposure

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

Activity	Symptoms & Thoughts What did you notice in your body? What went through your mind?	Anxiety (0-100)
<b>Breathing</b> Overbreathe <i>Breathe forcefully, fast and deep</i>  1 min		
Breathe through a straw <i>Hold your nose and breathe through a drinking straw</i>  2 min		
Hold your breath  30 sec		
<b>Physical exercise</b> Run quickly on the spot <i>Lift your knees high</i>  2 min		
Step up and down on a stair <i>Hold on to the handrail for balance</i>  2 min		
Tense all body muscles  1 min		
<b>Spinning &amp; shaking</b> Spin while sitting in an office chair <i>As fast as you can</i>  1 min		
Spin around while standing up <i>Make sure to leave yourself enough space &amp; have a place to sit after</i>  1 min		
Shake your head from side to side <i>Then look straight ahead. Keep your eyes open.</i>  30 sec		
<b>Head-rush</b> Put your head between your legs then <i>sit up quickly</i>  1 min		
Lie down & relax for at least one minute then <i>sit up quickly</i>  1 min		
<b>Unreality</b> Stare at yourself in a mirror <i>Concentrate hard without blinking</i>  2 min		
Stare at a blank wall <i>Concentrate hard without blinking</i>  2 min		
Stare at a fluorescent light and then try to read something  1 min		