EXPOSURE EXPERIMENT

When we feel anxious, we often notice physical sensations in our body. We might feel hot, breath fast, or think we will pass out. By experiencing these sensations on purpose, we can train our body to feel relaxed instead of anxious. This is called interoceptive exposure. Practice it here!

1. First, circle the sensation you experience when you are anxious. Label the parts of the body where you feel these sensations.
2. Choose one of the sensations you identified and answer the questions on page 2.
3. Then, choose one of the Exposure Experiment Cards that might cause this sensations.
4. Before you do the experiment, rate your fear using the fear thermometer.
5. After 1 round of the experiment, rate your fear again, using the fear thermometer.
6. Finally, rate your fear after you finished the experiment

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WHEN I AM ANXOUS I NOTICE

FAST BREATHING

FEELING LIKE I'M CHOKING

TIGHT CHEST

RACING HEART

DIZZY

NAUSEOUS

LIGHT HEADED

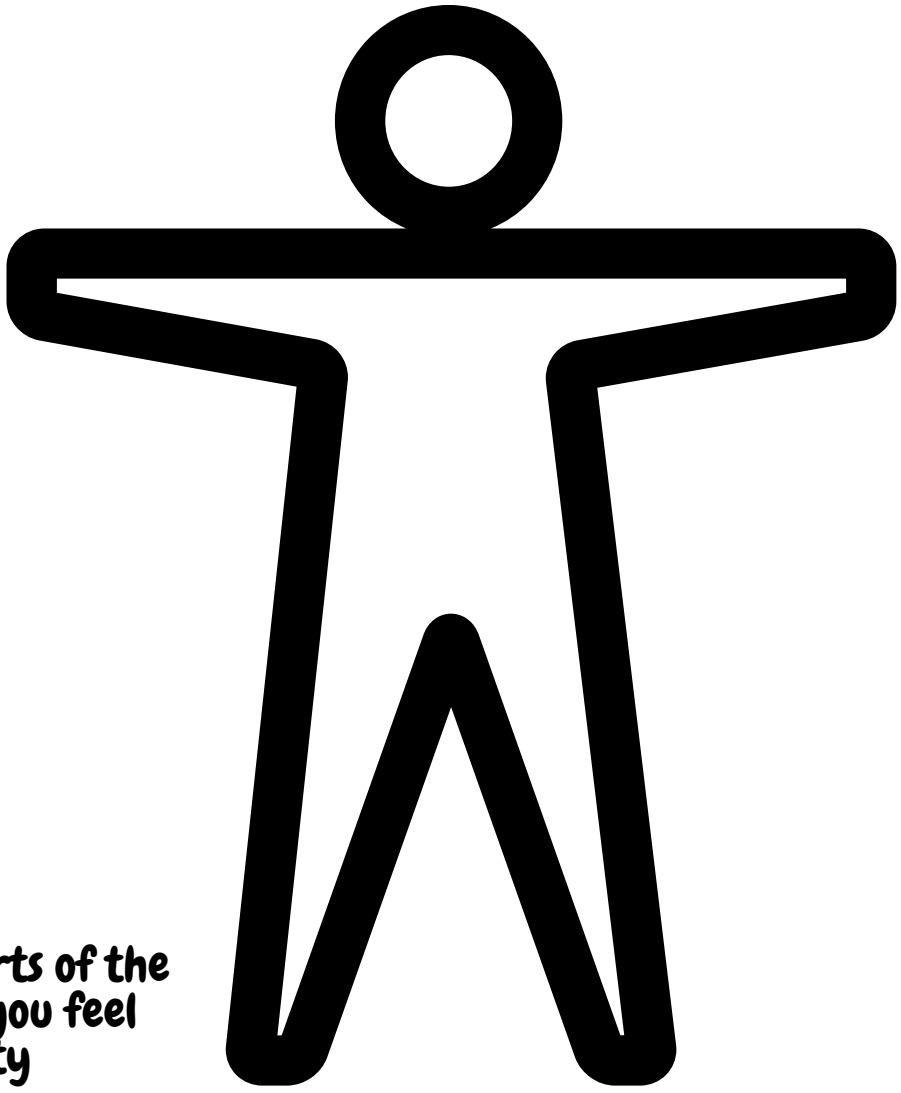
SWEATY

HOT

BODY CHILLS

NUMBNESS

SHAKY



Label the parts of the body that you feel anxiety

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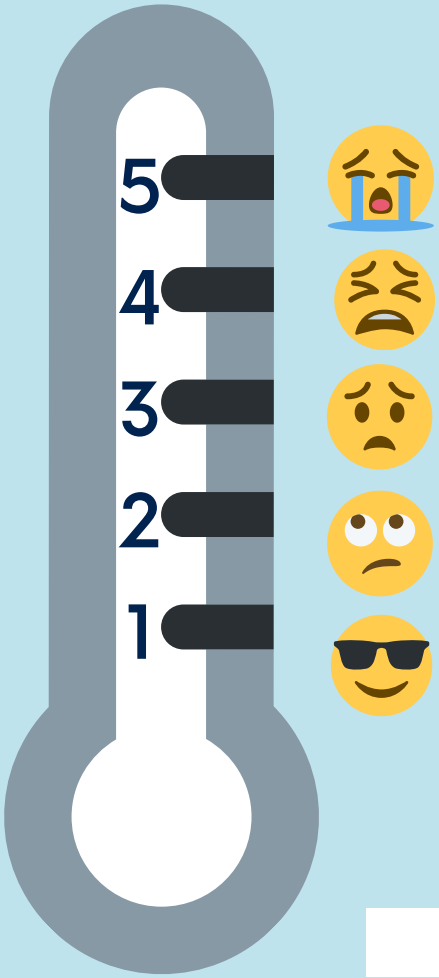


When I am anxious I feel:

When I feel this way, I think this will happen:

My feelings thermometer score for this is:

What is the chance this negative thing will happen?

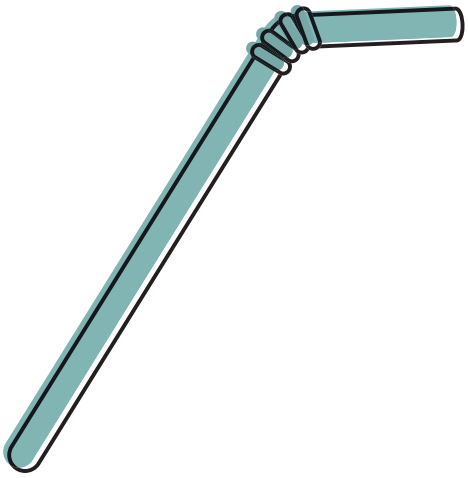
My Exposure Experiment this week is:

	BEFORE	DURING	AFTER
Day 1	anxiety score: Thoughts:	anxiety score: Thoughts:	anxiety score: Thoughts:
Day 2	anxiety score: Thoughts:	anxiety score: Thoughts:	anxiety score: Thoughts:
Day 3	anxiety score: Thoughts:	anxiety score: Thoughts:	anxiety score: Thoughts:
Day 4	anxiety score: Thoughts:	anxiety score: Thoughts:	anxiety score: Thoughts:
Day 5	anxiety score: Thoughts:	anxiety score: Thoughts:	anxiety score: Thoughts:

EXPOSURE
EXPERIMENT

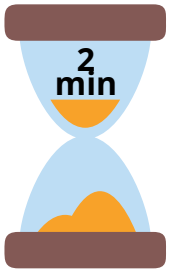
EXPOSURE
EXPERIMENT

EXPOSURE
EXPERIMENT



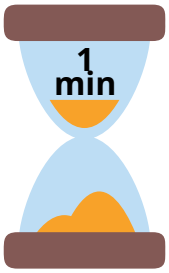
STRAW BREATHING

Hold your nose and breathe through the straw.



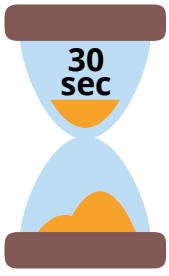
DRAGON BREATHING

Breathe fast, pushing the air out of your mouth like a dragon breathing fire.



HOLD YOUR BREATH

Hold your breath. Puff your cheeks like a fish.



EXPOSURE
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EXPOSURE
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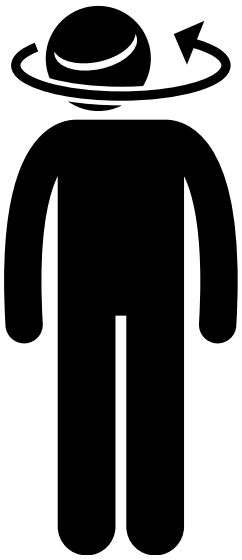
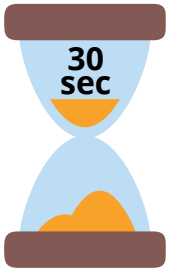
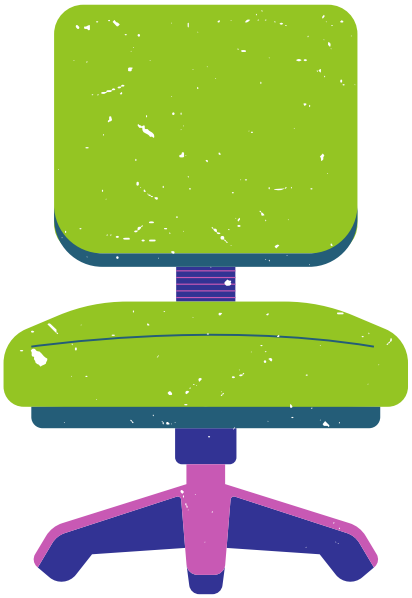


SHAKE YOUR HEAD

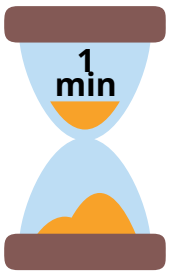
Shake just your head around and around. Then, lift your head and look straight ahead.





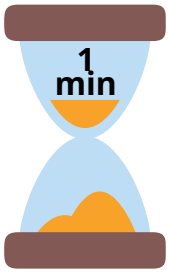
SPIN AROUND

Sit in an office chair and spin around and around as fast as you can.



GET DIZZY

Stand up and spin around and around. Make sure you are in a space with enough room.



EXPOSURE
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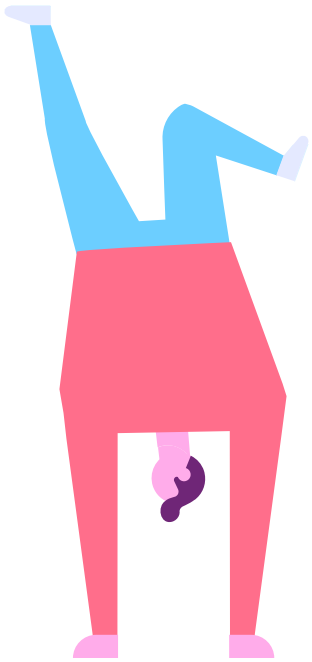
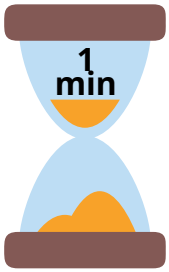
EXPOSURE
EXPERIMENT



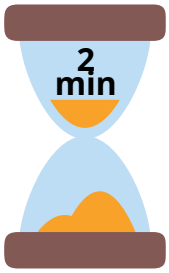
HEAD STAND

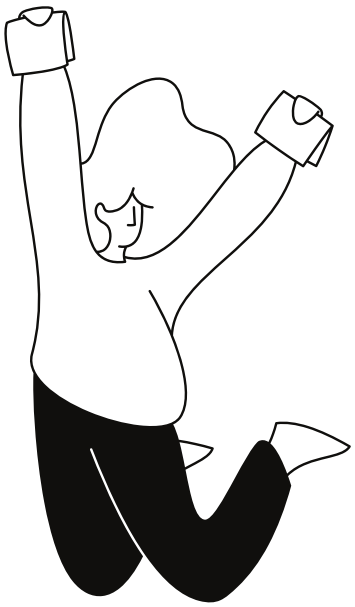
Do a head stand or put your head between your legs while sitting in a chair.



BUNDLE UP

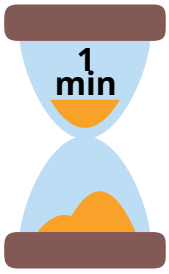
Put on as many layers of cloths on as you can.





JUMP UP

Lay on the ground with your belly facing the ceiling for 1 minute. Then, jump up fast.



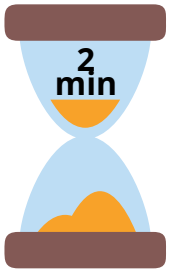
EXPOSURE
EXPERIMENT

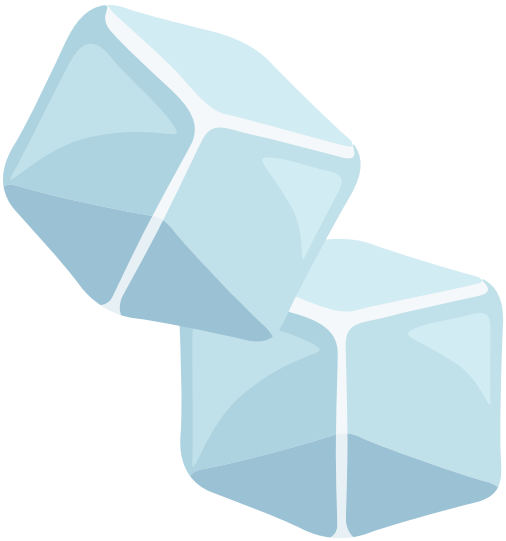
EXPOSURE
EXPERIMENT

EXPOSURE
EXPERIMENT

BREAK A SWEAT

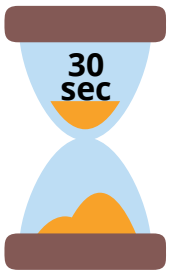
Do as many jumping jacks as you can.

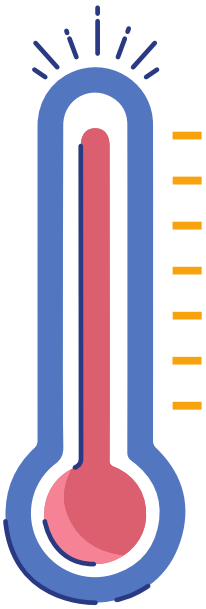


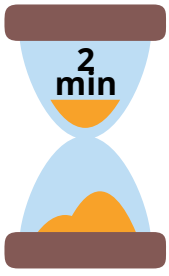


ICE HANDS

Get an ice cube in your hand and squeeze it tight.





MAKE IT TOASTY

Get a space heater and turn it on full blast.