

MY INTEROCEPTIVE GUIDE

The interoceptive exposure exercises on the next page are intended to help you learn more about your symptoms of panic. They are not dangerous, but they do tend to induce moderate feelings of discomfort. It is natural to want to avoid symptoms we find uncomfortable because avoiding leads to a sense of relief in the short term, but in the long run avoidance means that we continue to suffer. Overcoming your panic is likely to involve doing these exercises a number of times.

Precautions

You should be in generally good health to attempt these exercises. If you have any of the following conditions then check with your doctor whether it is safe for you to complete these interoceptive exposure exercises:

- Epilepsy or seizures
- Cardiac (heart) conditions
- Asthma or lung problems
- Pregnant
- Neck problems, back problems, or other physical difficulties

Carrying out interoceptive exposure exercises

The tasks on the next page are intended to produce a variety of feelings in your body. They are not dangerous, but even in people without panic they tend to induce moderate feelings of discomfort. Try all of them to begin with to find out which symptoms your panic responds to. Read the instructions, including how long you're supposed to carry out each task for. To begin with you may find it helpful to have someone with you when you practice the exercises.

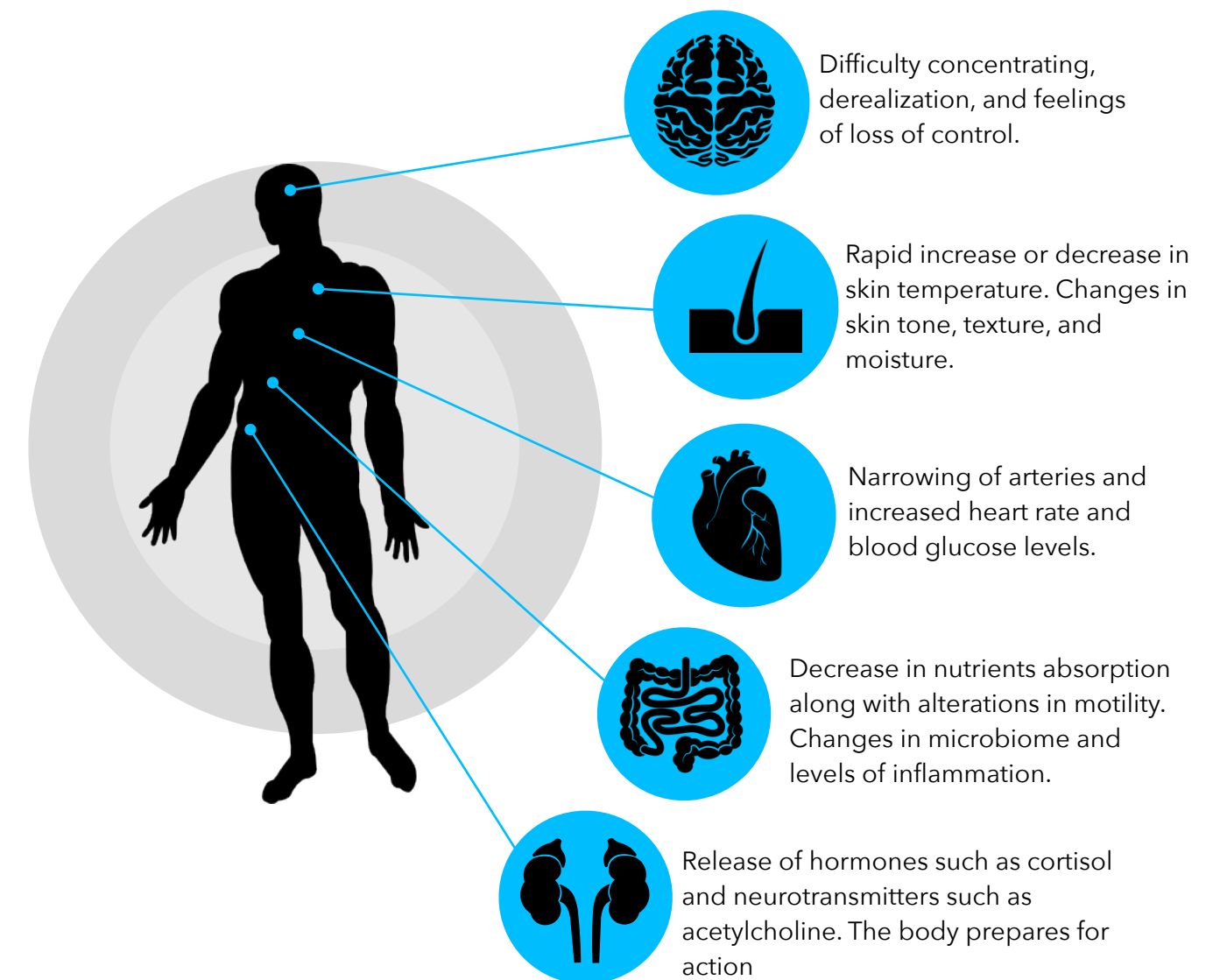
Rules to stick to:

- Try to complete each task for the allotted time
- Stopping early counts as avoiding - try not to let your feelings get the better of you
- Focus on the sensations during the interoceptive exposure - try not to distract yourself
- Let go of your normal safety behaviors

Making interoceptive exposure even more effective

Once you have had some practice you can do some things to make these exercises even more effective:

- Carry out each exercise multiple times
- Do each exercise on your own rather than with other people around
- Try each exercise in different places - e.g. outdoors rather than indoors
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- Try exercises for longer periods



MY INTEROCEPTIVE LOG

Activity	Time How much time did you do it for?	Symptoms & Thoughts What did you notice in your body? What went through your mind?	SUDS Rate 0-10
Breathing			
Overbreathe Breathe forcefully, fast and deep			
Breathe through a straw Hold your nose and breathe through a drinking straw			
Hold your breath			
Physical Exercise			
Run quickly on the spot Lift your knees high			
Step up and down on a stair Hold on the handrail for balance			
Tense all body muscles			
Spinning & Shaking			
Spin while sitting in an office chair As fast as you can			
Spin around while standing up Leave yourself enough space & have a place to sit			
Head Rush			
Put your head between your legs Sit up quickly			
Unreality			
Stare at yourself in a mirror Concentrate hard without blinking			
Stare at at a blank wall Concentrate hard without blinking			
Stare at a fluorescent light and then try to read something			

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