

## Interoceptive Exposure

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 behaviours

### 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
- Try exercises for longer periods

## 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	