

Interoceptive exposure

Panic attacks and health anxiety can be caused by making assumptions about body sensations, e.g. assuming a change in heart rate means a heart problem when the heart naturally changes rhythm in response to stimulus.



Interoceptive exposure simulates the feared sensation to break the anxiety link. In page 1, you create your exposure plan and in page 2 you log what you did, how long you did it for and your SUDS (subjective units of distress out of 10). Eventually the conditioned distress will fall along with reduced panic attacks and health anxiety.

Date	Excercise & time doing it	SUDS