

## Interoceptive Exposure Therapy Practices

“Interoceptive exposures involve using different types of exercises to bring on feared physical sensations” (McCabe & Milosevic, 2015, p. 138).

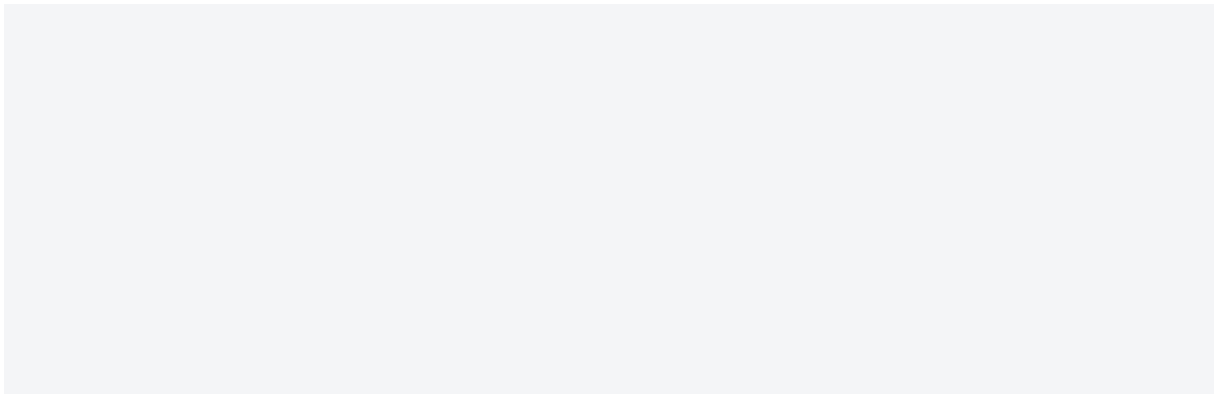
This worksheet introduces three simple practices that can be tried out in session or at home.

Attempt each of the following in a safe environment, so long as there are no health conditions that may make it unwise:

### Practice one: shallow breathing

Try shallow breathing at a rate of 100-130 breaths per minute.

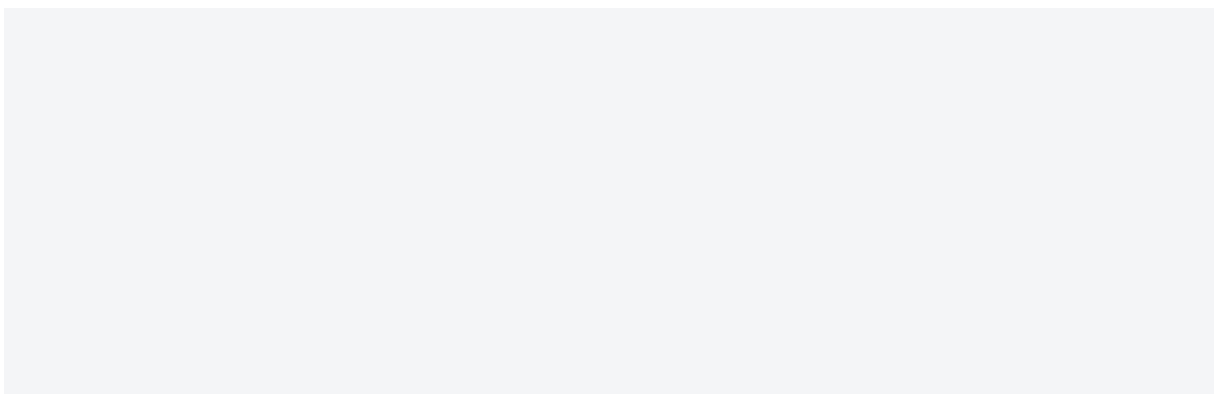
How do you feel? What physical sensations are you experiencing, for example, a racing heart or breathlessness?



### Practice two: dizziness

Try spinning around on a swivel chair (eyes closed if it helps).

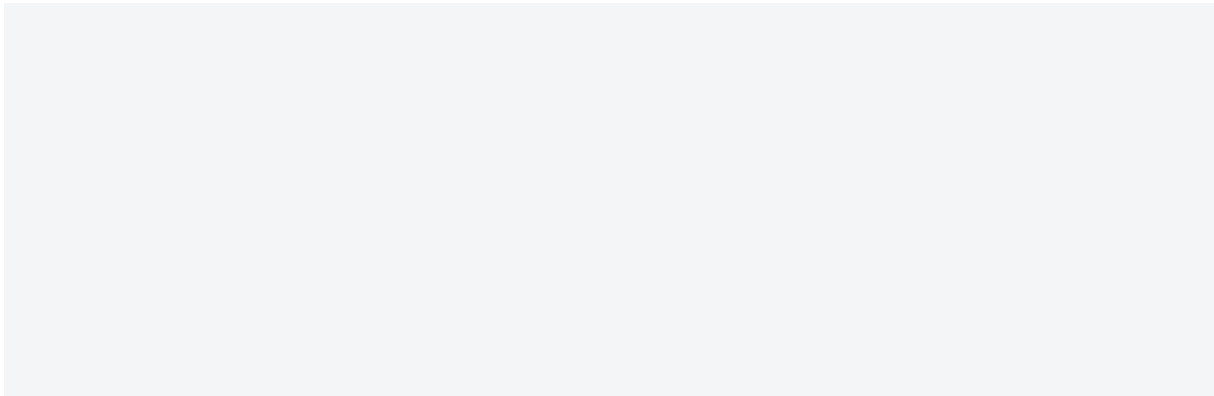
How do you feel? What physical sensations are you experiencing, for example, dizziness?



### Practice three: too much warmth

Try wearing multiple layers of clothing in a warm house, sitting in a car that's too hot, or in a sauna.

How do you feel? What physical sensations are you experiencing, for example, smothering sensations, breathlessness, or hot flushes?



Each practice tests your ability to deal with discomfort regarding the sensations you may experience when panicking or reacting to a phobia.

### References

- McCabe, R., & Milosevic, I. (2015). *Phobias: The psychology of irrational fear*. Oxford: ABC-CLIO, LLC.

Dr. Jeremy Sutton