

Physical Sensations

Physical symptoms can feel overwhelming and convince us something is wrong. Most of the time, however, these physical sensations are normal and natural bodily responses that have mistakenly been paired with negative thoughts and emotions. By intentionally causing yourself to experience these symptoms, you can learn to ignore these symptoms without them triggering negative thoughts and emotions.

Step 1. Identify common physical responses you experience when stressed.

Step 2. Repeatedly engage in activities that cause these symptoms.

Step 3. Identify the thoughts and emotions that are triggered by these physical responses.

Step 1. Check off the symptoms you frequently experience:

<input type="checkbox"/> Dizziness	<input type="checkbox"/> Lightheadedness	<input type="checkbox"/> Sweating
<input type="checkbox"/> Stomach distress	<input type="checkbox"/> Head rush	<input type="checkbox"/> Difficulty breathing
<input type="checkbox"/> Disorientation	<input type="checkbox"/> Nausea	<input type="checkbox"/> Feeling of unreality
<input type="checkbox"/> Racing/pounding heart	<input type="checkbox"/> Increased heart rate	

Step 2. Try several of the activities described below. Choose activities that cause the physical responses you identified above.

- Spinning
- Rapid & Deep Breathing
- Breathing Through a Straw
- Head Between Your Knees to Standing

Get creative and come up with other activities that will produce physical responses.

Step 3. Write down the thoughts and feelings you experience during and after these activities.

	Thoughts	Feelings
Spinning		
Rapid/Deep Breathing		
Straw Breathing		
Standing		
Other		

What do your experiences tell you?
