

Example Form 10.2: Physical Sensation Practice

Use this form to record your practice of the physical exercises that you find most distressing and most similar to your own experiences of strong emotion (e.g., the way you feel in your body when you are anxious, down, etc.).

“Trial” is a way to keep track of how many repetitions you have done of the exercise; “Distress” is where you can record your distress on a 0–10 scale (where 0 = no distress and 10 = extreme distress); and “Similarity” is where you can record how similar the exercise feels to your own strong emotions.

Repeat each exercise at least five times in a row in one sitting.

EXERCISE: *Straw breathing*

Trial	Distress	Similarity
1.	7	8
2.	7	8
3.	6	8
4.	6	8
5.	5	8

EXERCISE: *Hyperventilation*

Trial	Distress	Similarity
1.	9	7
2.	9	7
3.	9	7
4.	8	7
5.	8	7

EXERCISE: *Straw breathing*

Trial	Distress	Similarity
1.	6	8
2.	5	8
3.	4	8
4.	4	8
5.	4	8

EXERCISE: *Hyperventilation*

Trial	Distress	Similarity
1.	9	7
2.	8	7
3.	8	7
4.	7	7
5.	8	7

EXERCISE: *Straw breathing*

Trial	Distress	Similarity
1.	4	8
2.	5	8
3.	3	8
4.	3	8
5.	2	8

EXERCISE: *Hyperventilation*

Trial	Distress	Similarity
1.	7	7
2.	6	7
3.	6	7
4.	5	7
5.	5	7