

Chart 2: Practice Creating Symptoms

Type of Symptom	Task	Suggested Time	Actual Time	Intensity of sensation *			Fear Level**		
				Low	Med	High	Low	Med	High
Detached Feelings	Stare at a spot	2 minutes							
	Stare at a light	30 seconds +							
	Stare in the mirror	1 minute							
Heart Symptoms	Step-ups	1-2 minutes							
	Brisk exercise	1-2 minutes							
Breathing Symptoms	Hold breath	30 seconds							
	Staw breathing	1 minute							
Dizziness	Roll head	1 minute							
	Shake head	30 seconds							
	Head between knees	30 seconds							
	Walk in Circles	1 minute							
	Spin standing up	1 minute							
	Spin in Chair	1 minute							
	Hyperventilate	1 minute							

* How strong or uncomfortable physical sensation is.

**How scared you feel in response to the sensation.