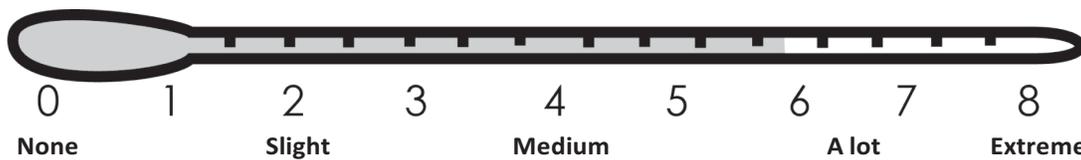


Monitoring How My Body Feels



Use this worksheet to keep track of the physical sensations you experience while you practice approaching sensations (sensation exposures). Note each exposure task you complete, as well as the physical sensations you experience (e.g., chest tightness, shortness of breath) and how strong they feel. What do you notice about your thoughts, emotions, or urges to use any emotional behaviors while doing these exposures?

Rating Scale:



Name of Sensation Exposure Task	Physical Sensations	Intensity of Sensation (0–8)	Notes (e.g. thoughts, emotions, urge to do emotional behaviors)