

Worksheet 8.1 Planning your interoceptive exposures

1.	Generate your SUDS ratings based on the scale below	
Subjective units of distress scale (SUDS)		
100	Keywords for SUDS rating of 100:	
50	Keywords for SUDS rating of 50:	
0	Keywords for SUDS rating of 0:	
2.	Pushing your belly out	
	SUDS prior to starting the exposure	
	SUDS as soon as you notice you are feeling a little bloated	
	SUDS after you push your belly out for 30 more seconds	
	Did this practice experience feel similar to when I feel bloated after eating?	YES NO
	Practice this exposure again?	YES NO
3.	Gulping water	
	SUDS prior to starting the exposure	
	SUDS as soon as you notice you are feeling a little full	
	SUDS after you drink another glass or drink for 30 more seconds	
	Did this experience feel similar to when I eat a lot and feel full?	YES NO
	Practice this exposure again?	YES NO

4.	Spinning in a chair	
	SUDS prior to starting the exposure	
	SUDS as soon as you notice you are feeling a little nauseous	
	SUDS after you spin for 30 more seconds	
	Did this experience feel similar to when I feel nauseous after eating?	YES NO
	Practice this exposure again?	YES NO
5.	When will I practice?	
	Monday:	
	At what time?	
	I will push my belly out for how many seconds?	
	I will chug how many glasses of water?	
	I will spin in a chair for how many seconds?	
	Tuesday:	
	At what time?	
	I will push my belly out for how many seconds?	
	I will chug how many glasses of water?	
	I will spin in a chair for how many seconds?	

	Wednesday:	
	At what time?	
	I will push my belly out for how many seconds?	
	I will chug how many glasses of water?	
	I will spin in a chair for how many seconds?	
	Thursday:	
	At what time?	
	I will push my belly out for how many seconds?	
	I will chug how many glasses of water?	
	I will spin in a chair for how many seconds?	
	Friday:	
	At what time?	
	I will push my belly out for how many seconds?	
	I will chug how many glasses of water?	
	I will spin in a chair for how many seconds?	
	Saturday:	
	At what time?	
	I will push my belly out for how many seconds?	

	I will chug how many glasses of water?	
	I will spin in a chair for how many seconds?	
	Sunday:	
	At what time?	
	I will push my belly out for how many seconds?	
	I will chug how many glasses of water?	
	I will spin in a chair for how many seconds?	