

Worksheet 12

Discovery experiment 3 – understanding the nature of anxiety (body sensations in different mood states)

Body sensations when I am angry	Body sensations when I am excited	Body sensations when I am having a panic attack

What are the similarities across the three sets of body sensations?		
What are the differences across the three sets of body sensations?		
What have you learned from this exercise?		
Rate your level of belief in your catastrophic thought (from 0 = 'I don't believe it at all' to 100 = 'I believe it completely'): Before exercise: After exercise:		