

Worksheet 14

Discovery experiment 5 – pairs of words

What did you notice in your body when you were reading out the words?

If you experienced body sensations, how similar were they to what you experience at the start of a panic attack?

Did you get any mental images when you went through certain words?

Which words?

Were some words harder than others to read?

If you answered yes to the last question, what do you make of that?

If you think of your feared catastrophe, how possible would it be that reading or thinking about a word could bring that on?

<p>What have you learned from this exercise?</p>	<p>Rate your level of belief in your catastrophic thought (from 0 = 'I don't believe it at all' to 100 = 'I believe it completely'):</p> <p>Before exercise:</p> <p>After exercise:</p>
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