

Worksheet 15

Discovery experiment for specific body sensations – 1. Fainting (symptoms contrast table for fainting versus panic attack)

Symptoms when I fainted	Symptoms when I panic
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:	