

# Worksheet 16

## Discovery experiments

Use for:

**Specific body sensations – 2. Collapsing**

**Specific body sensations – 3. Stopping breathing**

**Specific body sensations – 5. Going insane or losing consciousness**

**Specific body sensations – 6. Choking**

What you did
Sensations you experienced
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: