

Exercise	Physical Sensation	Intensity (0-8)	Anxiety (0-8)	Similarity to panic (0-8)	Thoughts
1. Shaking head 30 seconds					
2. Head between legs 30 seconds					
3. Step-ups/jumping jacks 1 minute					
4. Hold breath 30 seconds					
5. Full body muscle tension 1 minute					
6. Spin in chair 1 minute					
7. Hyperventilate 1 minute					
8. Breath through straw 1 minute					