

Interoceptive Exposures Activity Chart

1. Mind's Prediction	
2. What Is My Fear?	

How Will I Respond?

3. Be Open	
<ul style="list-style-type: none"> • Adopt a willingness stance. Where is my willingness? 	
<ul style="list-style-type: none"> • Acknowledge the sensations and other internal experiences 	
<ul style="list-style-type: none"> • Allow my sensations and other internal experiences 	
4. Be Aware	
<ul style="list-style-type: none"> • Advance to the present moment 	
5. Be Actively Engaged	
6. Note What I Learned	