

Interoceptive Exposure: Understanding Body Sensations



Interoceptive exposure is structured practice with harmless body sensations that have become linked with panic or fear.

Why it is used

People may fear dizziness, breathlessness, warmth, a racing heart or unreality. Avoiding sensations can teach the brain that they are dangerous.

Examples clinicians may use

Brief spinning, stepping, breathing through a narrow straw, or creating warmth - selected only after individual health screening.

The learning task

Observe the sensation, notice the prediction, remain curious, and compare the feared outcome with what actually happens.

Please pause

Do not try body-sensation exercises without professional advice if you have relevant heart, breathing, neurological, balance, pregnancy or other medical concerns.

A quiet space to reflect

Sensation I fear:

What I think it means:

How I usually avoid it:

Question for my clinician:

What I hope to learn:

Use this resource at your own pace. Exposure work should never involve genuine danger or ignore medical, sensory or accessibility needs. Seek qualified support if fear is significantly restricting daily life.