Worksheet 1.

Become aware of your body.

List all the symptoms, sensations, feelings, anything you notice in your body.
Examples, chest tighten, can't breathe, dizziness, lump in your throat, light headed
*** If you don't know, then spend the next week, bringing awareness to your body.**

© 2018 Beck Thompson – Undoing Anxiety - How I went from panic to calm
www.beckthompson.com.au