

Form 10.1: Physical Sensation Test Exercises

1. Hyperventilation  
Take rapid, deep breaths through your mouth, using a lot of force, as if you were blowing up a balloon. This exercise is likely to produce lightheadedness, dizziness, and feelings of unreality.
2. Breathe through a thin straw  
Breathe through a thin straw or coffee stirrer while blocking air from your nose. Make sure that you're only taking in air through the straw, without breathing around it. This exercise will make it feel like you can't get enough air, and it is designed to make you feel anxious. You'll get the most benefit from it if you stick with it for the full minute.
3. Spin in circles  
Stand up and turn around quickly (approximately one full rotation every three seconds). You can do this with your eyes open or closed. Alternatively, you can spin in a chair that swivels. If you conduct this exercise standing, consider doing it near a chair or couch where you can sit down afterwards. This exercise is designed to produce dizziness, lightheadedness, and disorientation.
4. Run in place  
Run in place while lifting your knees as high as you can. This exercise is designed to cause rapid heart rate, shortness of breath, flushed cheeks, and increased body heat.

Physical Sensation Test

PROCEDURE	Symptoms Experienced	Distress	Similarity
<b>Hyperventilation</b> (60 seconds)			
<b>Breath through thin straw</b> (60 seconds)			
<b>Spinning while standing</b> (60 seconds)			
<b>Running in place</b> (60 seconds)			
<b>Other:</b> (___ seconds)			
<b>Other:</b> (___ seconds)			
<b>Other:</b> (___ seconds)			

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