

Body Sensations Questionnaire

Client ID

Date

Below is a list of specific body sensations that may occur when you are nervous or in a feared situation. Please mark down how afraid you are of these feelings. Use the following five point scale:

1 2 3 4 5
 not at all somewhat moderately very extremely
frightened by this sensation.

Please rate all items.

1. heart palpitations	1	2	3	4	5
2. pressure or a heavy feeling in chest	1	2	3	4	5
3. numbness in arms or legs	1	2	3	4	5
4. tingling in the fingertips	1	2	3	4	5
5. numbness in another part of your body	1	2	3	4	5
6. feeling short of breath	1	2	3	4	5
7. dizziness	1	2	3	4	5
8. blurred or distorted vision	1	2	3	4	5
9. nausea	1	2	3	4	5
10. having "butterflies" in your stomach	1	2	3	4	5
11. feeling a knot in your stomach	1	2	3	4	5
12. having a lump in your throat	1	2	3	4	5
13. wobbly or rubber legs	1	2	3	4	5
14. sweating	1	2	3	4	5
15. a dry throat	1	2	3	4	5
16. feeling disoriented and confused	1	2	3	4	5
17. feeling disconnected from your body: only partly present	1	2	3	4	5
18. other (please describe)	1	2	3	4	5
.....	1	2	3	4	5
.....	1	2	3	4	5