

I have experienced the following physical reactions to stressful thoughts or situations in the past:

- ☐ Body sweats
- ☐ Heart racing
- ☐ Dizziness
- ☐ Headache
- ☐ Chest pains
- ☐ Nausea
- ☐ Upset stomach
- ☐ Shakiness
- ☐ Feeling like you might explode
- ☐ Change in body temperature
- ☐ Tingling

Add your own:

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## Less Intense Feelings

**Anxious** ➔ Concern, Nervousness

**Anger** ➔ Frustrated, Annoyed

**Despair** ➔ Sadness

**Mortified** ➔ Embarrassed

**Guilt** ➔ Regret

These are some things that could stress me out and trigger me to have unhelpful or intense emotions:

People:

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Places:

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Things:

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