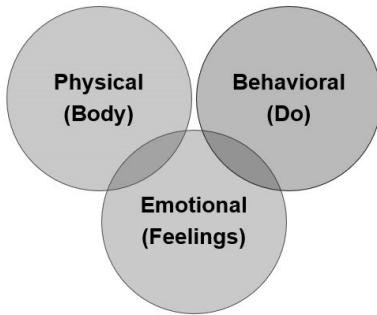


## 3 Types of Signals



### **Physical Signals:**

These show up in your ***body*** thru various sensations or bodily functions!

### **Emotional Signals:**

These are all the different ***feelings*** you begin to experience!

### **Behavioral Signals:**

This is the ways you begin to behave and the actions you ***do!***

## What to Watch For

It is **critical** that you start to pay attention to **HOW** stress shows up in you.

On the next few pages is an **inventory** to help you begin to ID your



- 1) Read carefully thru **each** one listed in all 3 categories.
- 2) If you have experienced, it at *any time* – **circle it!**
- 3) Be on the **lookout** for when it is building & do Step 3!

**Physical:** What your **body does**  
that you *can't stop*.

Headaches

Tense Muscles

Can't think

Racing Thoughts

Sweaty Palms

Clench Jaw

Feel sick

Food cravings

Crying

Blood pressure ↑

Heart rate ↑

Anxiety

Pain

Confused

Hunger

Can't fall sleep

Tremors/Shake

Diarrhea

Migraines

Upset stomach

Forgetful

GI Problems

Blood Sugar ↑ ↓

No Appetite

Mind Won't Shut Off

Insomnia

Other: \_\_\_\_\_

**Emotional:** What **feelings** you begin to experience.

Angry

Frustrated

Depressed

Defensive

Irritable

Anxious

Worthless

Overwhelmed

Irritable

Annoyed

Pissed Off

Hopeless

Helpless

Jealous

Sad

Upset

Negative

Impulsive

Judgmental

Critical

Impatience

Short tempered

Hurt

Discouraged

Embarrassed

Mad

Other: \_\_\_\_\_

**Behavioral:** What you actually begin to **do**.

Eat Junk Food	Shop / Spend
Smoke (or more!)	Argue / Fight
Isolate	Lash Out
Blame Others	Break things
Yell / Scream	Withdraw
Go on the attack	Drink
Self-Harm	Shutdown
Bite Nails	Hold Things In
Verbally abusive	Use Drugs
Avoid	Silent Treatment
Eat More	Sleep More
Become Critical	Get Defensive
↓ Self-Care	Zone Out

Other: \_\_\_\_\_