**Somatic Markers of Negative Affect – somna**

***(Made for the EGG and Emotionality Study)***

When you’re anxious/scared how often do you?

When you’re sad how often do you?

0 – Never

1 – Rarely

2 – Sometimes

3 – Usually

4 – Always

If more often than never, when this happens how intense is this experience?

1 – Mild

2

3 – Moderate

4

5 – Severe

* Not feel like eating anything
* Eat more than usual
* Feel sick to your stomach
* Have butterflies in your stomach
* Have an uncomfortable feeling in your stomach
* Feel nauseous
* Have a bowel movement more than usual
* Have a bowel movement less than usual
* Feel that you urinate more than usual / have the urge to urinate more than usual
* Find it more difficult to urinate
* Feel like your heart is racing
* Feel like your face is flushing red
* Feel like your skin is burning
* Feel like your face going pale
* Begin breathing heavily
* Have trouble breathing
* Start sweating
* Get clammy hands
* Feel dizzy or lightheaded
* Feel like it’s difficult to breathe
* Breathe fast
* Experience shallow breathing
* Feel like your throat constricting
* Feel like your mouth is really dry
* Feel your heart racing
* Get shaky or tremble

**Maybe**

Headaches

Tightness or heaviness in chest

Stiffness

Get hot or get cold

Aches or pains