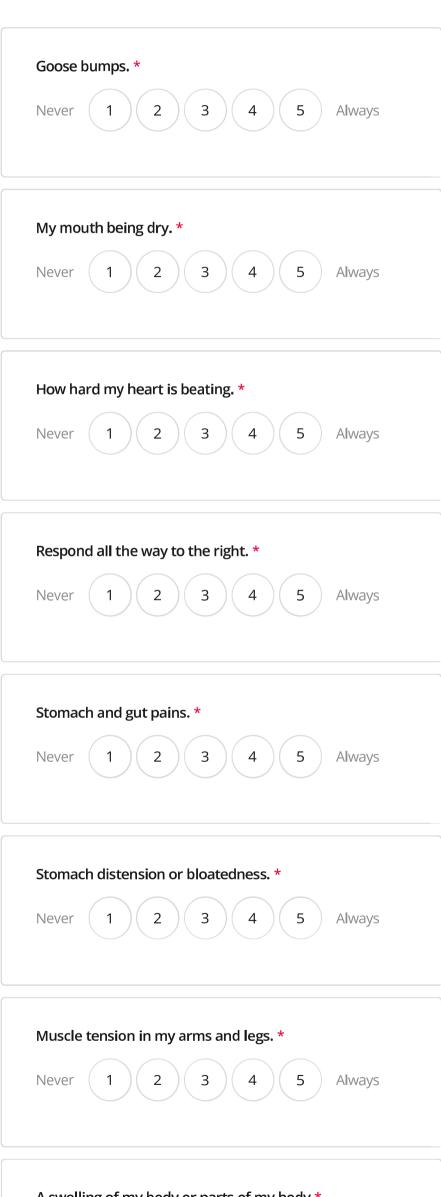
Body awareness

Please rate your awareness on each of the characteristics described below. Select the answer that most accurately describes you.

During most situations, I am aware of the following...



A swelling of my body or parts of my body *

Never 1 2 3 4 5 Always
An urge to swallow. * Never 1 2 3 4 5 Always
The hair on the back of my neck 'standing up'. * Never 1 2 3 4 5 Always
Tremor in my lips. * Never 1 2 3 4 5 Always
How fast I am breathing. * Never 1 2 3 4 5 Always
A bloating feeling because of water retention. * Never 1 2 3 4 5 Always
Complete