

Tuning into what my body is telling me

Think about conflict situations you've been in.

Read the statements below and decide how often you experience the physical reaction described.

		Always	Sometimes	Never
1.	Your body tenses up.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	Your heart rate increases.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	You perspire more.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	Your palms are sweaty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	You experience tunnel vision, i.e. your vision is focused on what's in front of you and you miss seeing things in your periphery.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	Your breathing is shallower and / or faster.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	You feel nauseous.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	You feel 'butterflies' or a quivering in the pit of your stomach.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	Your voice is shaky when you speak.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	You feel a tightness in the throat, as if something is stuck.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11.	Your face feels flushed and hot.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	You feel a tightening in the muscles at the back of your neck and jaw.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What patterns do you notice above? Which physical reactions are most common for you? <div></div>				