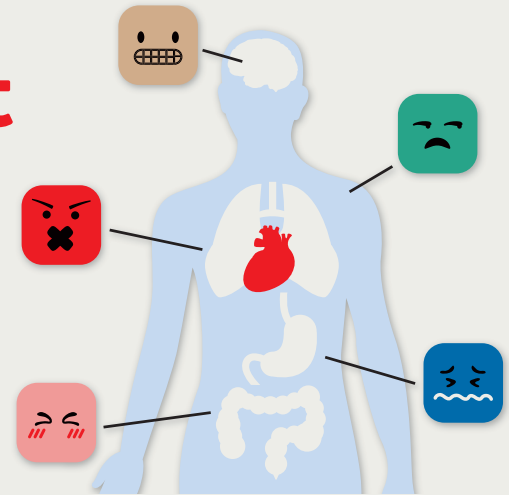


**Activity:**

Feel It and Place It and Get It

This activity will help you learn where you feel stress or EQ hijacking about to happen.



1. Use this checklist to identify where in your body you feel stress of any kind — good or bad. Which physical symptoms do you feel? Where do you “feel it”?

- | | |
|--|--|
| <input type="checkbox"/> Breathing changing | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Heart rate changing |
| <input type="checkbox"/> Feeling very hot or very cold | <input type="checkbox"/> Queasy stomach |
| <input type="checkbox"/> Hands clammy | <input type="checkbox"/> Shoulders tense |
| <input type="checkbox"/> Hands clenched | <input type="checkbox"/> Teeth clenched |

2. Where are you when you feel that way? Who is with you? What day is it? What time of day? What project? Is someone pushing your buttons? What is the “place”?



3. Connect the dots. You feel a certain way, you are placing yourself in a situation, so why is this happening? What are the reasons? This is the “get it” part.