**Awareness of Stress Experiences**

Shoulders high, fingers twitching

Sick to my stomach

Fear, overwhelmed

helpless

Run from the room, run out of the house, and don’t come back.

(FLIGHT)

I need to get away.

|  |  |  |  |  |  |  |  |
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| **Day** | **Describe the event** | **Describe how your body felt, any sensory or physical experiences** | **Describe any emotions or feelings** | **Identify any thoughts you had?** | **Describe your actions or impulses (that you didn’t act on but felt like doing)** |  |  |
| ***Example:*** | *My son refused to eat his breakfast, I tried to convince him, then he threw it on floor.* | *Face grimacing, shoulders tensed, stomach churning, face turns red, strong smell scrambled eggs* | *Agitated, then angry* | *Why is he doing this now, we’re running late? I don’t have time! Why is he doing this to me?* | *I yelled at him “I can’t believe you did this! clean this up and then go to your room!” right now! I felt like dragging him to his room by his hair! (FIGHT)* |  |  |
| **1** |  |  |  |  |  |  |  |
| **2** |  |  |  | I give up. This is all too much. | Just sit there crying.  (FREEZE) |  |  |
| **3** |  |  |  |  |  |  |  |