

HOW WELL DO YOU KNOW YOUR BODY?

Mom

When I am tense or under stress, I feel tension in my

- head
- jaws
- neck
- shoulders
- chest
- stomach
- back
- other

My body reacts to tension by

- sweating
- heart rate increasing
- heart pounding
- difficulty catching breath
- clammy skin
- trembling hands or legs
- "butterflies" in stomach
- nausea
- gripping fists
- itching/scratching
- pumping top leg when legs crossed
- biting nails
- grinding teeth
- speech difficulties
- other

I can recognize signs of tension in my body by

I can prevent tension from overwhelming me by

I use the following calming techniques when needed

- paced breathing
- consciously relaxing all muscle groups
- imagery
- other _____

To cope with pain, I

- need quiet to tune into myself
- need to think about something else
- need someone to be with me
- need to talk with someone
- need to be doing something
- want help from a medical person
- want to be alone
- other _____

Partner

When I am tense or under stress, I feel tension in my

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- stomach
- back
- other

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