HOW WELL DO YOU KNOW YOUR BODY?

Mom	Partner
When I am tense or under stress, I feel tension in my	When I am tense or under stress, I feel tension in my
head	head
jaws	jaws
neck	neck
shoulders	shoulders
chest	chest
stomach	stomach
back	back
other	other
My body reacts to tension by	My body reacts to tension by
sweating	sweating
heart rate increasing	heart rate increasing
heart pounding	heart pounding
difficulty catching breath	difficulty catching breath
clammy skin	clammy skin
trembling hands or legs	trembling hands or legs
"butterflies" in stomach	"butterflies" in stomach
nausea	nausea
gripping fists	gripping fists
itching/scratching	itching/scratching
pumping top leg when legs crossed	pumping top leg when legs crossed
biting nails	biting nails
grinding teeth	grinding teeth
speech difficulties	speech difficulties
other	other
I can recognize signs of tension in my body by	I can recognize signs of tension in my body by
I can prevent tension from overwhelming me by	t can prevent tension from overwhelming me by
I use the following calming techniques when needed paced breathing	I use the following calming techniques when needed paced breathing
consciously relaxing all muscle groups	consciously relaxing all muscle groups
imagery	imagery
other	other
To cope with pain, I	: To cope with pain, l
need quiet to tune into myself	need quiet to tune into myself
need to think about something else	need to think about something else
need someone to be with me	need someone to be with me
need to talk with someone	need to talk with someone
need to be doing something	need to be doing something
want help from a medical person	want help from a medical person
want to be alone	want to be alone
other	other

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