Relationship to Stress

STRESSOR

Beliefs, Agendas & Expectations

- · This should not be happening.
- It's **not** my fault. It **is** my fault.
- · They created the problem.
- If only <u>they</u> were different.
 If only I were different.
- · I can't do anything about this.
- I want the situation to change.
- I don't like this.

Inner Body Sensations

- contraction
- scattered
- resistance
- forgetful
- tight muscles
- · reactive
- racing heart
- heavy
- pulsing
- dull/flatcloudy
- restless
 - slow/fast digestion · overwhelmed
- headache
- fidgety
- straining
- flooded
- aversion

Feelings Toward Stressor

- irritation
- guilt



