

AWARENESS INVENTORY: BODY

When I am in a stressful situation such as taking a test, I notice the following things in my body.

In each category, which apply to you?

BREATHING	<ul style="list-style-type: none"><input type="radio"/> I hold my breath.<input type="radio"/> My breathing becomes very shallow.<input type="radio"/> I breathe erratically (I gasp, I stop breathing, I take small breaths).
GROUNDING	<ul style="list-style-type: none"><input type="radio"/> I'm not aware of the floor or of the chair I'm sitting on.<input type="radio"/> My feet are coming off of the ground.<input type="radio"/> I feel tension in my (name body parts).
SENSING	<p>I tend to close down (i.e. I'm not aware of) these senses:</p> <ul style="list-style-type: none"><input type="radio"/> Touch <input type="radio"/> Smell <input type="radio"/> Taste<input type="radio"/> Sight <input type="radio"/> Hearing