

The Scanxiety Project

IDENTIFYING YOUR BRAIN'S SIGNALS

STEP 1

Write down all the ones you can think of on your own that happen for you in each of the three categories:

(Body)

PHYSICAL

(Feel)

EMOTIONAL

(Do)

BEHAVIORAL

STEP 2

Use the inventory on the other side to see if you forgot any. If so, add them to this side!



(Body)

PHYSICAL

Headaches
Racing Thoughts
Pain
Tired
Blood pressure ↑
Insomnia
Hot Flashes
Mind Goes Blank
Negative Thinking
Crying
Heart Rate ↑
Tremble/shake
Tense muscles
Confused
Upset Stomach
Cravings
Sweaty Palms
Clenched Jaw
Can't Concentrate
Forgetful
Physically Anxiety
Blood Sugar ↑↓

Feel

EMOTIONAL

Irritability
Negative
Frustration
Sad
Anxious
Worthless
Anger
Overwhelmed
Defensive
Upset
Like Running Away
Depressed
Indifferent
F-It's
Loneliness
Hopeless
Helpless
Disappointed
Betrayed
Other:_____

(Do)

BEHAVIORAL

Bite Nails
Eat ↑↓
Argue
Withdraw
Break Things
Drive Reckless
Spend Money
Make Poor Choices
Become Quiet
Lash out
Curse
Drink
Yell / Scream
Sleep
Smoke (More)
Hold Things In
Give Silent Treatment
Get Disrespectful
Shut Down
Isolate
Use Drugs
Other:_____