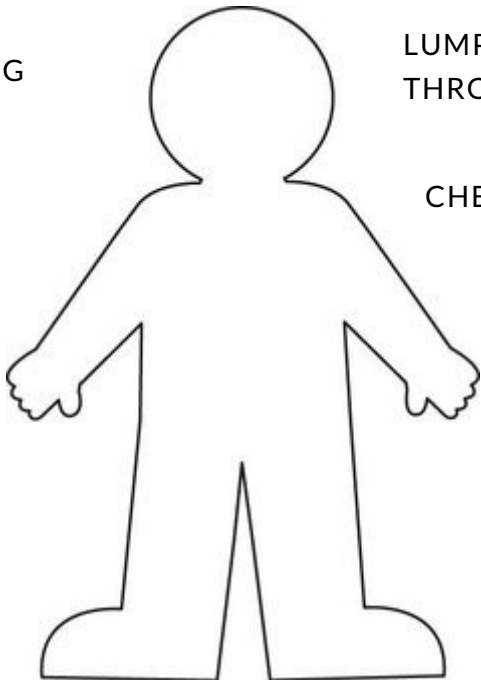


HOW I FEEL WORRY

Name
Birthday.....
School



TINGLING OR NUMB LIPS DIZZINESS LUMP IN THROAT

CHOKING SENSATION DRY MOUTH FAINTING RED FACE

RINGING IN EARS FAST BREATHING LUMP IN THROAT HEART RACING OR PALPITATIONS

SHORTNESS OF BREATH OR CAN'T CATCH BREATH CHEST TIGHTNESS OR PAIN

SHAKING OR TREMORS SICKNESS HOT

UNABLE TO SLEEP JELLY LEGS

TWITCHES OR TICS SWEATING NOT FEELING HUNGRY

MUSCLE PAIN, ACHES OR TENSION TIREDNESS NEEDING THE TOILET

OVERWHELMED OR FEELING LIKE CRYING NUMBNESS OR TINGLING IN LIMBS FEELING COLD

HEADACHES STOMACH ACHE OR BUTTERFLIES

GRINDING TEETH

Think about how you tend to feel physically when you get worried. Highlight or colour in any of the following that apply to you.