

SELF-ASSESSMENT OF YOUR STRESS REACTIONS

Check each verbal behavior that you personally experience when you feel pressured or stressed.

- _____ verbally attack people
- _____ repeat the same words over and over without variation
- _____ talk obsessively about the source of stress
- _____ make errors in grammar and pronunciation
- _____ encourage others to speak quickly
- _____ experience lack of quick recall, resulting in pauses
- _____ talk only if you can talk about the source of stress
- _____ others:

Check each nonverbal behavior that you personally experience when you feel pressured or stressed.

- _____ gritting teeth
- _____ sweating palms
- _____ tightened stomach muscles
- _____ chewing on pencils
- _____ hair twirling or twisting
- _____ shifting position in a chair
- _____ moving, walking, and eating rapidly
- _____ finger drumming
- _____ fist clenching
- _____ jaw clenching
- _____ head scratching
- _____ nail biting
- _____ leg bouncing
- _____ using facial expressions, such as repeatedly wetting the lips, clearing the throat, and wrinkling the forehead
- _____ using eye movements, such as rapid blinking, squinting, and looking away
- _____ pacing
- _____ shifting weight
- _____ wiggling
- _____ eating too much or not at all

- _____ drinking or smoking more than usual
- _____ hands trembling
- _____ sleeping too much or too little
- _____ withdrawal—avoiding interaction
- _____ using a sarcastic or nasty tone
- _____ engaging in vocal explosiveness—accenting key words when there is no reason to do so
- _____ speeding up at the ends of sentences
- _____ using higher voice pitch than normal
- _____ over-articulating—enunciating words so clearly and precisely that it draws attention
- _____ headache
- _____ others: