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|  | What I’m aware of... | Do I attend or ignore? | How do I manage it? | Does this serve me well? | Is there something else I could do? |
| Head | \* A pressure type feeling\* I tell myself I’m going to fail\* I worry about being judged |  |  |  |  |
| Body | \* Ache at the base of skull\* Clenched jaw\* Heart flutters |  |  |  |  |
| Emotions | \* Teary\* Easily frustrated |  |  |  |  |
| Behaviour | \* Avoiding time with family\* Drinking more alcohol |  |  |  |  |