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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 |  |  |  |  |