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: