

SECTION I:

The following list contains many of the signs of immediate stress reactions. Read the list and put a check beside those that you recognize as yours.

- Rapid pulse
- Tightened stomach
- Tenses muscles
- Shortness of breath
- Clenching of jaw
- Inability to concentrate
- Inability to sit still
- Heightened emotions
- Light-headedness
- Trembling hands or fingers
- Increased perspiration
- Nausea
- Pounding heart
- Gritting of teeth
- Dry mouth
- Chills
- Cold hands or feet
- Faintness
- Blushing
- Flushed face