

Emotion	Body signals	I recognise these signals... (tick the ones you recognise)
Anger	Clenched fists Heart thumping Feeling hot in neck and face Feel blood pressure going up Throbbing temples Tension in body Clenched jaw Shaking or trembling Increased sweating Headache	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Anxiety	Heart beats faster, slower, louder, or skips Tension in neck, shoulders, jaw Sweaty palms Urge to run away Upset stomach Hard to breathe Blushing Feel lightheaded or dizzy Heaviness in the chest	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fear	Butterflies in your stomach Shortness of breath Dry mouth Shortness of breath Tension around eyes and mouth Sick in the stomach	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sadness	Empty feeling in chest or stomach Lump in your throat Aching Feel like crying Tightness in your chest	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Shame	Can't look others in the eyes Feel sick in the stomach Heaviness in the chest Shrink yourself and want to make yourself invisible Body temperature goes up	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>