

After a moment of stress/ dysregulation which of these do you notice.  
Check all that apply. If its all of these but different scenarios for different reactions, do another list.

Eyes

Eyes widening.

Eyes searching and scanning.

Forcing eye contact.

Not making eye contact.

Staring off in space.

Notes:

Skin

Flushed.

Pearls of sweat on forehead.

Pins and needles.

Skin patchy, red on neck. Chest and parts of face.

Hot, itchy skin.

Pale.

Cold skin.

Cold sweat.

Tightness.

Notes:

Emotion

Anger flashes and irritation.

Crying easily.

Jumpy. Jittery.

Vigilant to every sound in the room.

Vigilant to every movement in the room.

Numbness.

No smile.

Feelings are disconnected from body.

Can't feel sensation.

Notes:

Body

Inner heat rising in the body.

Clammy hands and sweating.

Butterflies in the stomach.

Ringing in the ears or tinnitus is stronger. Than usual.

Muscle tension. On your shoulders, belly, arms, hands, legs.

Slouching.

Numbness.

	Overwhelmed.
	Holding breath.
	Running out of air when talking.
	Fidgety.
	Don't feel like moving
	Frozen or stuck
Notes:	
Mind.	
	Memory loss More than usual.
	Mind races. And reports lots of details.
	Attention is hyper focused.
	Intrusive memories or imagery
	Confused With loss of sense of time.
	Mind moving slow
Notes:	
Voice.	
	Talking fast.
	Talking loud.
	Stuttering.
Notes:	