

## INVENTORY OF EMOTIONAL AND PHYSICAL SYMPTOMS

This exercise will help you identify some of the physical and emotional symptoms that are typically associated with trauma. Often, people with trauma are cut off from noticing how their body and mind respond to stress because they've become accustomed to the symptoms. Or they're hyper-focused on their responses, without connecting them to the roots of their trauma. This exercise will help you better recognize symptoms that may be related to your trauma.

Please circle the symptoms that you are aware of, and feel free to write in additional ones that apply to you:

	PHYSICAL	EMOTIONAL
HYPERAROUSAL	Shortness of breath	Anxiety
	Rapid heartbeat	Panic
	Nightmares	Fear
	Heightened startle response	Freezing
	Sleep issues	Irritability
	Addiction	Agitation
	Chronic pain	Anger
	Panic attacks	Rage
	Attention difficulties	Confusion
	Agitation	Fearfulness
	GI problems	Overwhelm
	Hypertension	Hypervigilance
	Elevated blood pressure	Mistrust
	Bingeing	Impulsivity
	Purging	Shame
	Headaches	Depression
	Intrusive imagery	Loneliness
	Environmental sensitivity	Withdrawal

*Table continues* →