

Are you needing some De-Stressing?

Physical signals of stress: Rate level 1-4 (max)

- | | | |
|---|---|--|
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Heart Palpitations | <input type="checkbox"/> Reduced Resistance to infection |
| <input type="checkbox"/> Appetite Loss | <input type="checkbox"/> Hypoglycemia | <input type="checkbox"/> Ringing in ears |
| <input type="checkbox"/> Back pain | <input type="checkbox"/> Indigestion | <input type="checkbox"/> Sweaty palms |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Loss of Short Term Memory | <input type="checkbox"/> Sensations of Pain or Pressure in the Chest |
| <input type="checkbox"/> Difficulty Concentrating | <input type="checkbox"/> Low interest in sex | <input type="checkbox"/> Sleep difficulty, bad dreams or nightmares |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Muscle Tension | <input type="checkbox"/> Stomachaches, constipation, diarrhea |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Nervous habits like tapping fingers, shaking leg, pulling hair, wringing hands | <input type="checkbox"/> Sugar Cravings |
| <input type="checkbox"/> Grinding teeth at night | <input type="checkbox"/> Poor Digestion | <input type="checkbox"/> Tight Neck and shoulders |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Racing heart | <input type="checkbox"/> Other (describe) |

Behavioral signals of stress: Rate level 1-4 (max)

- | | | |
|--|--|--|
| <input type="checkbox"/> Bossiness | <input type="checkbox"/> Compulsive eating | <input type="checkbox"/> Compulsive gum chewing |
| <input type="checkbox"/> Critical attitude | <input type="checkbox"/> Excessive smoking | <input type="checkbox"/> Increased use of alcohol, coffee or drugs |

Emotional signals of stress: Rate level 1-4 (max)

- | | | |
|---|---|---|
| <input type="checkbox"/> Anger easily aroused | <input type="checkbox"/> Crying or Urge to cry or escape/get away from problems | <input type="checkbox"/> Feeling powerless to change things |
| <input type="checkbox"/> Boredom – no meaning to things | <input type="checkbox"/> Easily upset or Moody | <input type="checkbox"/> Loneliness |
| <input type="checkbox"/> Constant worry | <input type="checkbox"/> Irritability/edginess – feeling ready to explode | <input type="checkbox"/> Nervousness/anxiety |

Psychological signals of stress: Rate level 1-4 (max)

- | | | |
|---|--|--|
| <input type="checkbox"/> Forgetfulness | <input type="checkbox"/> Lack of sense of humor | <input type="checkbox"/> Thoughts of running away |
| <input type="checkbox"/> Inability to get things done | <input type="checkbox"/> Memory Loss or mental confusion | <input type="checkbox"/> Trouble thinking clearly |
| <input type="checkbox"/> Inability to make decisions | <input type="checkbox"/> Overwhelming sense of pressure | <input type="checkbox"/> Unhappiness for no reason |
| <input type="checkbox"/> Lack of creativity | <input type="checkbox"/> Restlessness | <input type="checkbox"/> Other |

Are you needing some De-Stressing?

List based off of The Schwarzbein principle II, by Diana Schwarzbein, M.D

Stressful circumstances, events, people or ideas:	Rate 1-4 (max)
<input type="checkbox"/> Busy work life including critical deadlines <input type="checkbox"/> Spouse <input type="checkbox"/> Rush hour traffic <input type="checkbox"/> Physical Pain <input type="checkbox"/> Critical attitude	<input type="checkbox"/> Conflict with co-worker or boss <input type="checkbox"/> Children <input type="checkbox"/> Over-exercising <input type="checkbox"/> Mal nutrition <input type="checkbox"/> Constant worry <i>Thoughts and feelings about my problems run through my head for much of the time</i> <input type="checkbox"/> I tend to be short tempered and irritable with people <input type="checkbox"/> My decisions tend to be more impulsive than planned.
<input type="checkbox"/> Delays, even ordinary ones make me fiercely impatient <input type="checkbox"/> I tend to not meet my expectations either because they are unrealistic or I have take on more than I can handle	<input type="checkbox"/> Emotional suffering <input type="checkbox"/> Trauma <input type="checkbox"/> I need things done my way <input type="checkbox"/> Toxic chemical exposure <input type="checkbox"/> I need to control things <input type="checkbox"/> I tend to let anger build up and then explosively release temper <input type="checkbox"/> I often feel unsure about my choices and often change my mind

Things that bother me

How I feel when they happen

Stress is sometimes the result of weak personal boundaries – is this you?

Boundaries and Assertiveness Test: I often feel people manipulate me through:

<input type="checkbox"/> Guilt	<input type="checkbox"/> Anger	<input type="checkbox"/> Criticism
<input type="checkbox"/> Obligation	<input type="checkbox"/> Withholding	<input type="checkbox"/> Helplessness
<input type="checkbox"/> Teasing	<input type="checkbox"/> I do what others want and not what I want	<input type="checkbox"/> I have trouble saying “no”

Etheric Boundary Test: How much space to you give yourself?

Can you recall the last time you were at an event with other people...as you recall that time, notice your body and notice the 360 degree field around your body – how big is it? If it’s less than 3 feet you might be feeling more stressed than necessary. If it’s a murky field that exacerbates the stress.

<input type="checkbox"/> Size – # feet around	<input type="checkbox"/> Clarity clear or murky
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Are you needing some De-Stressing?

If you are exhibiting any of these signs, it's best to contact a medical doctor to verify you do not have a serious medical problem.

Many studies are showing that excessive stress for long periods of time is one of the leading causes of dis-eases. In light of this, many doctors are recommending de-stress audio to their clients.

Now is more important than ever to de-stress – you are worth it. My de-stress audio with active day-dreaming and visualization is a great way to get started.

Please, if you have a lot of stressful thoughts and feelings stemming from events more than one year ago, call me. I can help you clear those thoughts and old feelings away easily and then you can have a “feel good inside”, healthy future. 98% of my clients achieve similar goals in 3 private session visits. I also offer group Changeshop™ events. Call for details.

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