

2. SYMPTOMS CHECKLIST

PHYSICAL SYMPTOMS

- Neck/Shoulder tension
- Jaw tension
- Lump in the throat
- Chest tightness/pain
- Shallow/rapid breathing
- Headache
- Migraine
- Heart palpitations
- Heart racing
- Upset stomach
- Nausea
- Vomiting
- Diarrhoea
- Sweaty palms
- Dizziness
- Fainting

MENTAL SYMPTOMS

- Racing thoughts*
- Sluggish thoughts*
- Repetitive thoughts*
- Crowded thoughts*
- Muddled thoughts
- Scattered thoughts
- Wandering thoughts
- Hopeless
- Going "blank"
- Poor concentration
- Dissociation (voices, amnesia...)
- Flashbacks
- Nightmares

BEHAVIOURS

- Social withdrawal
- Avoidance
- Procrastination
- Compulsions/rituals
- Sleep disturbance
- Over-eating
- Under-eating
- Irritability
- Alcohol/drug abuse
- Anger outbursts
- Trembling/shaking
- Fidgeting/restlessness
- Crying spells
- Talkative/hypomanic
- Suicide ideation
- Self-harm

(*) compared to your speech.

- a) How many of the above symptoms do you experience during the day on average?
- b) When you deal with important circumstances in life (past/present/future), how much discomfort (in number of symptoms) within yourself do you consider a boundary?
- c) When you deal with important circumstances in life (past/present/future), how much discomfort in the people around you do you consider a boundary?
- d) If you apply different boundaries, what is the logic behind the difference?
- e) How do you enforce two different boundaries?
- f) What do you think would be the problem if you enforced the same boundary?
Explain both scenarios: