

SELF-ASSESSMENT OF YOUR STRESS REACTIONS

Check each verbal behavior that you experience when you feel pressured or stressed.

- ___ verbally attack people
- ___ repeat the same words over and over without variation
- ___ talk obsessively about the source of stress
- ___ make errors in grammar and pronunciation
- ___ encourage others to speak quickly
- ___ experience lack of quick recall, resulting in pauses
- ___ talk only if you can talk about the source of stress
- ___ other behaviors:

Check each nonverbal behavior that you experience when you feel pressured or stressed

- ___ gritting teeth
- ___ sweating palms
- ___ tightened stomach muscles
- ___ chewing on pencils
- ___ hair twirling or twisting
- ___ shifting position in a chair
- ___ moving, walking, or eating rapidly
- ___ finger drumming
- ___ fist clenching
- ___ jaw clenching
- ___ head scratching
- ___ nail biting
- ___ leg bouncing
- ___ repeatedly using nonverbal "tics", such as wetting the lips, clearing the throat, or wrinkling the forehead
- ___ repeatedly using eye movements, such as rapid blinking, squinting, and looking away
- ___ pacing
- ___ shifting weight
- ___ wiggling
- ___ eating too much or not at all
- ___ drinking or smoking more than usual
- ___ hands trembling
- ___ sleeping too much or too little
- ___ withdrawal-avoiding interaction
- ___ using a sarcastic or nasty tone
- ___ engaging in vocal explosiveness-accenting key words when there is no reason to do so
- ___ speeding up at the end of sentences
- ___ using higher voice pitch than normal
- ___ over articulating-enunciating words so clearly and precisely that it draws attention
- ___ headache
- ___ rashes or hives
- ___ muscle spasms
- ___ others behaviors

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