

STRESS THOUGHTS & PHYSICAL CUES

Stress Thoughts

Stress thoughts are thoughts that indicate internal tension is rising. They almost always focus on the other person and keep the focus off of the self. When thoughts are focused on the other, control over the situation appears to be in the hands of the other. Noticing when these thoughts are occurring puts the focus back on your own behavior and can help you realize your internal pressure is rising. Noticing stress thoughts can indicate that you need to change your tone or behavior in order to avoid creating an unnecessarily negative interaction.

EXAMPLES:

- “What an idiot.”
- “She has no idea what she is talking about. I wish she would just shut up.”
- “All he does is complain.”
- “Get your paws off MY fax!”

Physical Cues

Like stress thoughts, physical cues are signals that anxiety, tension, anger, humiliation or some other “negative” emotion is increasing internally. Learning to recognize these cues can bring more awareness in the moment, thereby empowering you to make better behavioral choices.

EXAMPLES:

- Increased heartbeat
 - Warm ears
 - Dizziness
 - Tightness in the stomach
 - Pacing
 - Foot or finger tapping
 - Clenching fists
 - Feeling of drowsiness
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- ▲ Learning to recognize stress thoughts and physical cues brings the focus and control back to self.
 - ▲ Learn what emotions you are reacting to internally.
 - ▲ Learn to focus on your tension level, your word choices, your tone of voice, your body language, and your behavior.
 - ▲ You become empowered to make better choices.
 - ▲ You can consciously change your behavior to bring about alignment and an effective solution for all concerned.

