

Stress = The Body's Alarm System

Normal Stress

Response

Heart Pounding
Rapid Breathing
Muscles Tense Up
Fight or Flight
Feel Excited or Worried
Feel Frustrated/Determined
Seeing/Thinking Clearly
Acting Rapidly
Facing Problems
Taking on Challenges
Clear Memories
Creating Solutions
Feel Angry or Scared
Feel in Control
Feel Good About Yourself

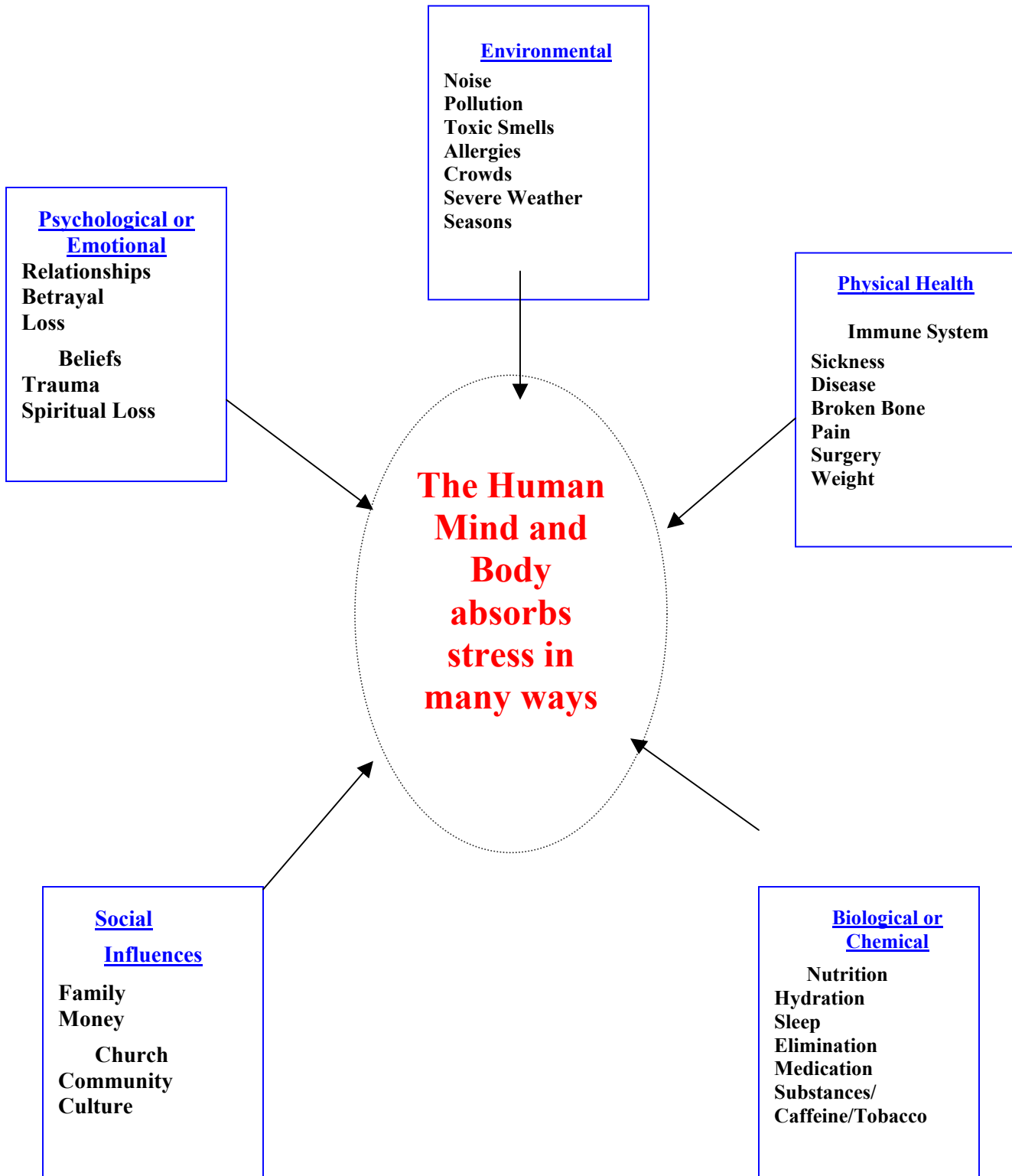
Extreme Stress

Reaction

Heart Feels Like Bursting
Gaspng, Feeling Smothered
Muscles Feel Like Exploding
Just Try and Get Through It
Feel Terrified or Panicked
Feel Enraged or Aggressive
Confused, Mentally Shut Down
Automatic Reflexes or Freezing
Desperately Avoiding Problems
Taking Foolish Risks
Memory Like a Broken Puzzle
Making a Mess of your Life
Feel Hopeless or Doomed
Feel Helpless or Out of Control
Feel Worthless, like a Failure

Different Types of Stress That Impact the Mind and Body

Session 1



Possible Maladaptive Coping Strategies

Raging

Drinking

Drugging

Eating (Over or Under)

Gambling

High Risk Sexual Behavior

Toxic Relationships

Violence (Domestic or otherwise)

Excessive Caregiving

Shopping

Sleeping

Pornography

Excessive Exercising

Procrastination or avoidance

Risky High Speed Activities

Isolation via Computer, Television or Reading

Excessive Hours spent at Work

EXTREME STRESS SYMPTOMS

Mental Shutdown (Dissociation)
My mind feels spacey, like I'm in a daze.
I feel detached from the world around me, like people and things are not real, or like it's all a dream.
I feel as if I don't know who I am and I'm watching myself from outside, or like there are separate parts of me that take control of my life.
Trying to Feel Safe/In control by Extreme Eating
I won't let myself eat or I make myself throw up because I am afraid of losing control of my eating and gaining weight.
I find myself eating large amounts of food to help me feel better.
Problems with Sexuality
I feel preoccupied with sex- I think too much about sex..
I find myself avoiding sex, not wanting to think about it or not wanting anyone to touch me at all.
I am more sexually active than I really want to be.
Extreme Risk-Taking or Self Harm
I find myself in dangerous situations, such as driving recklessly or being in places or with people where I could get hurt badly or even killed.
I get relief from feeling stressed by cutting, punching, or hurting my body in some other way.
Hopelessness and Self-Blame
I think about dying as a way of ending the misery I feel.
I feel that religion and the spiritual aspects of life are worthless, or that they are bad and hurt people.
I feel I'm a bad person- I'm guilty whenever bad things happen even if they really aren't my fault.
Too Much or Too Little Involvement in Relationships
I focus my attention on others in my life, avoiding my own needs and desires.
I feel I'm really different from everyone around me-no one can understand what I've been through.
I feel no one can be trusted, that everyone lets you down or uses you and hurts you sooner or later.
Breakdown of the Body
Physical pain, illnesses, or other physical health problems that doctors can't explain or help me with.