

Vinay Kumar, PCC

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Self-Awareness Generator : Fill In When Triggered

Emotions Felt E.g. Resentment, Anger, Frustration, Irritation, Anxiety, Worry, Fear, Shame, Embarrassment, Doubt	Body Sensations What did you feel in your body & where did you feel it E.g. Heart racing, sweaty palms, tight jaw, stomach hurt, headache, tight shoulders, heaviness in chest, shortness of breaths, heavy breathing	Self-Talk What Were You Silently Saying To Yourself	The Event What Happened (The Observable Facts)

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