

The Body Signals Log

By the time the thought turns up, the useful part is over. Your jaw set about ninety seconds ago, your breathing went shallow somewhere around the second unanswered message, and the first thing you actually noticed was deciding to send something you now regret. The body gets there first, reliably, sometimes by several minutes and occasionally by an hour. Most people can describe the thought in detail and cannot say what their shoulders were doing.

Who this is for: You only ever notice you are activated at the point where the message has already gone, and you would like a few minutes of warning instead of none.

The eight rows

The scale, before you score anything

Four points, defined in your own words first.

My nought:

My one:

My two:

My three:

The jaw, which usually moves first

The region you can check in half a second.

Morning score, and where exactly:

Evening score:

What was happening at the highest score today?

The throat, where the unsaid collects

Tightness, a lump, a voice gone thin.

Score, morning and evening:

Was there something I did not say today?

Did my voice change when I spoke to them?

The chest, and the breath moving through it

Depth, rate, and where the breath stops.

Chest score, morning and evening:

Where does the breath stop today?

Breaths in a minute, counted once:

Highest score today, and what came ten minutes before it:

The stomach, which settles last

The drop, the churn, and appetite.

Score, morning and evening:

Drop, churn, or neither?

Did I eat normally today?

The hands, which are honest

Shaking, restlessness, and going hot or cold.

Score, morning and evening:

Hot or cold?

What did my hands want to do?

Any numbness or pins and needles to mention to a doctor?

The legs, and which direction they want

Whether you want to run, pace, or cannot stand up.

Score, morning and evening:

Towards, away, or stuck?

What did I actually do with it?

The fortnight read, and picking one signal

Find the earliest reliable signal and stop there.

Which row rose first, most often?

How early did it arrive, in minutes:

How often did it fire when nothing was happening?

My one signal, written plainly:

What I will do in the first fifteen seconds after it:

This worksheet is free to print, photocopy and share, including with clients. It is self-reflection material, not a diagnosis, an assessment or a substitute for professional support. If a relationship involves fear, control or coercion, or if working through this raises more than feels manageable, please speak to a doctor, a therapist or a domestic abuse service.