



# Connecting Behaviors and Emotions to Physiological States

Instructions: Use this worksheet whenever you feel a physiological or emotional reaction. Remember to record your pulse in parts 1, 2, and 3. You will need a drawing implement (pencil, pen, marker) to shade in tension areas on the human figure drawing in parts A and C. Bring worksheets into your next appointment for review with your counselor.

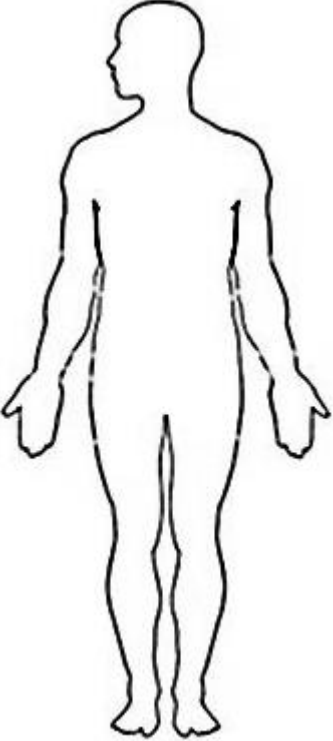
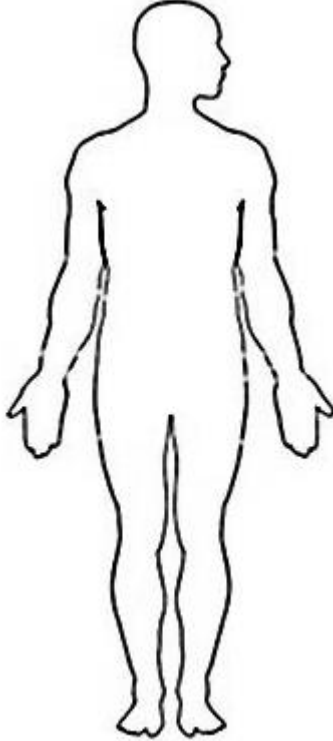
Client Name: \_\_\_\_\_

Date: \_\_\_\_\_

Counselor Name: \_\_\_\_\_

Date Reviewed: \_\_\_\_\_

General description of situation:

Part 1: Reaction	Part 2: Response		Part 3: Reappraisal	
	<b>Action Urges/Strength</b>	<b>0-5</b>	<i>Potential threats in environment:</i>	
	<i>Fight response (attack/defend)</i>			
	<i>Flight response (leave/use substance)</i>			
	<i>Freeze response (paralysis)</i>			
	<b>Coping Strategies used:</b>	✓		
	Counting pulse			
	Mindfulness and grounding			
	Muscle relaxation			
	Sensory stimulation			
	<b>Positive sensory experience:</b>	✓		
	Sight:			
	Sound:			
	Touch:			
	Taste:			
	Smell:			
Movement:				
<b>Acceptance of reactions:</b>	✓			
Physiological				
Emotional				
<i>If my body could talk, it would say....</i>		<i>Thoughts about my acceptance and coping with my physiological and emotional reaction:</i>		
Color in the physiological tension or energy you experience in the relevant part of your body. Examples: racing heartbeat, shallow breath, muscle tension			<i>Memories triggered (if any):</i>	
Reaction heart rate*: _____ BPM Time reading taken: _____	Heart-rate after coping*: _____ BPM Time reading taken: _____	Current heart rate*: _____ BPM Time reading taken: _____		

\* *How to take a Heart Rate Reading:* place your index and middle finger onto the wrist of your other arm. Find a pulse. Record the number of times you feel a pulse in 60 seconds.