



Biofeedback Workshops Europe

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Physical stress signs	Never	Sometimes	Often	Always
Shortness of breath				
Trembling				
Digestive problems				
Diarrhea / constipation				
Dizziness				
Palpitations / rapid heart beat				
Headache/ migraine				
Sexual dysfunction				
Infections				
Sweaty hands				
Shortness of breath				
Fatigue				
Insomnia				
Bloated sensation in stomach				
Weight problems				
Pain in chest or back				
Appetite changes				
Shoulder tension				
Sweating without effort				
Frequent urge to urinate				
Repeated infections				
Nausea				
Skin problems				

Emotional stress signs	Never	Sometimes	Often	Always
Suspicious				
Aggressive				
Afraid of rejection				
Afraid of the future				
Feeling of failure				
Mood swings				
Apathetic				
Powerless				
Inferior feeling				
Not able to enjoy				
Unmotivated				
Dissatisfied				
Unreal feeling				
Unsecure				
Rushed feeling				
Irritable				
Bad tempered				



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Emotional stress signs (continued)	Never	Sometimes	Often	Always
Anxious				
Feeling of guilt				
Quickly emotional				
Depressed				
Changes in libido				

Mental stress signs	Never	Sometimes	Often	Always
Decreased creativity				
Indecisiveness				
Disinterest				
Distractability				
Difficulty to keep track				
Uninspired				
Difficulty with priorities				
Not able to finish a task				
Frequent mistakes				
Chaotic				
Memory problems				
Narrow focus				
Easily Frustrated				
Worrying				

Behavioral stress signs	Never	Sometimes	Often	Always
(Near) accidents				
Aggressive behavior				
Desire to keep control				
Excessive or binge eating				
Skipping meals				
Increased use of alcohol				
Use of drugs or cigarettes				
Impulsive behavior				
Medication overuse				
Self criticism				
Frequent quarrels				
Nail biting				
Crying				
Underperforming				
Careless behavior				
Sleep medication				
Social withdrawal				
Avoiding responsibilities				