

The First Signs

Learn the earliest hints your body gives you, before things get loud.

WHEN TO USE THIS

Use this after a rough spell, while the details are still fresh.

Which of these show up early for you? Tick any that fit.

- ☐ Heart speeds up
- ☐ Chest gets tight
- ☐ Hands tingle or go cold
- ☐ Stomach drops
- ☐ Everything looks far away
- ☐ Breath feels shallow
- ☐ Legs go shaky
- ☐ Sudden urge to leave

What is the very first thing you notice, before all the rest?

One sign is enough.

Look back at the last few times. What was going on when it started?

WHERE I WAS

WHAT WAS HAPPENING

If you caught it that early, what is one thing you could do right then?

Catching it early is not about stopping it. It gives you a little more room.