

BODY SIGNALS



alert
hypervigilant





**backing off
recoiling**

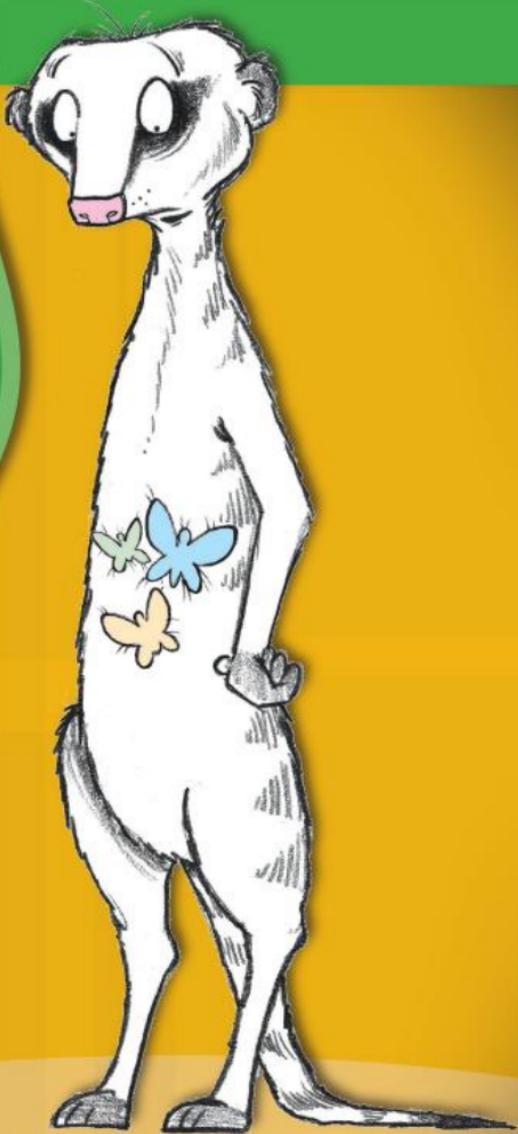


biting nails



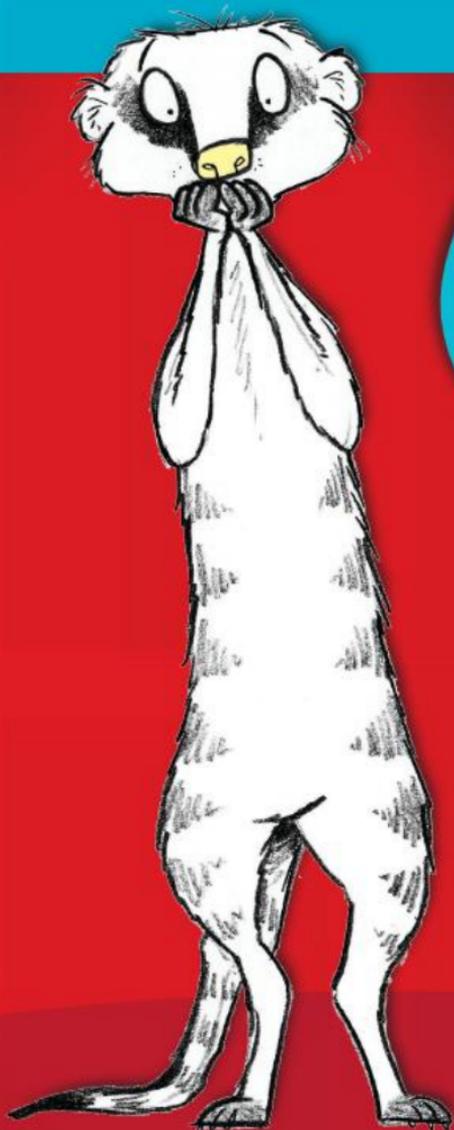
blushing
flushed

butterflies



can't breathe
hyperventilating





can't speak

**choking
tight throat**





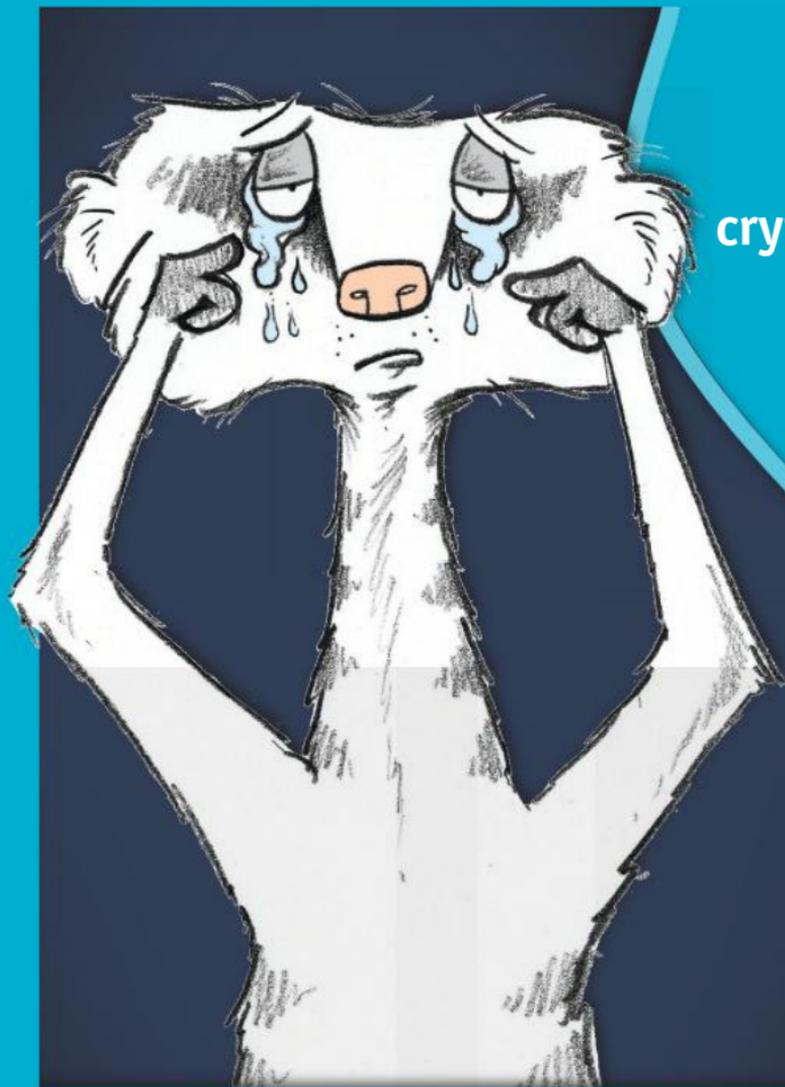
clenched jaw
tight fists

copying
mirroring



cracking
shattering

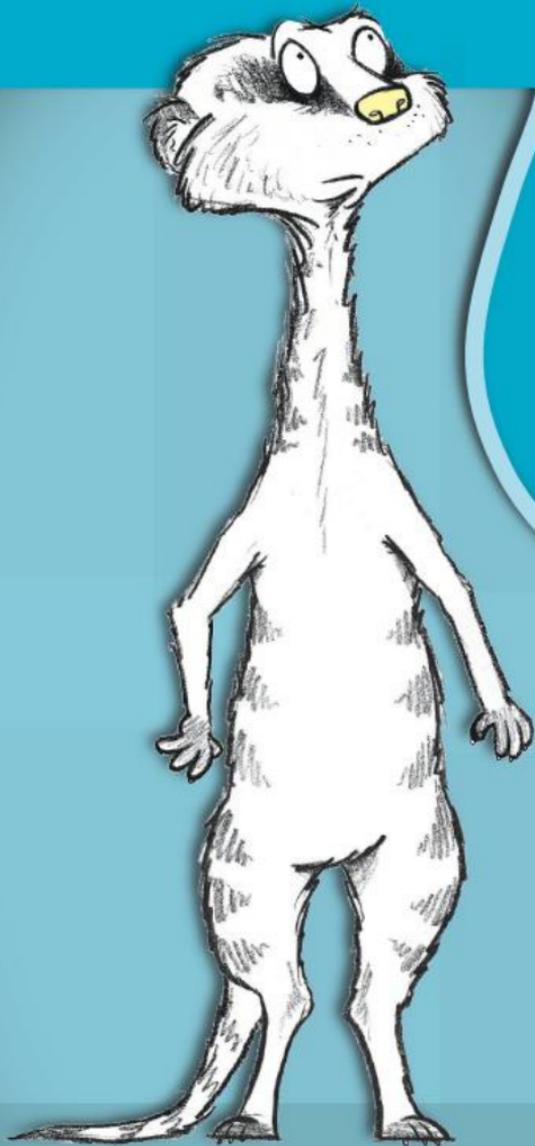




crying

**curling up
foetal position**

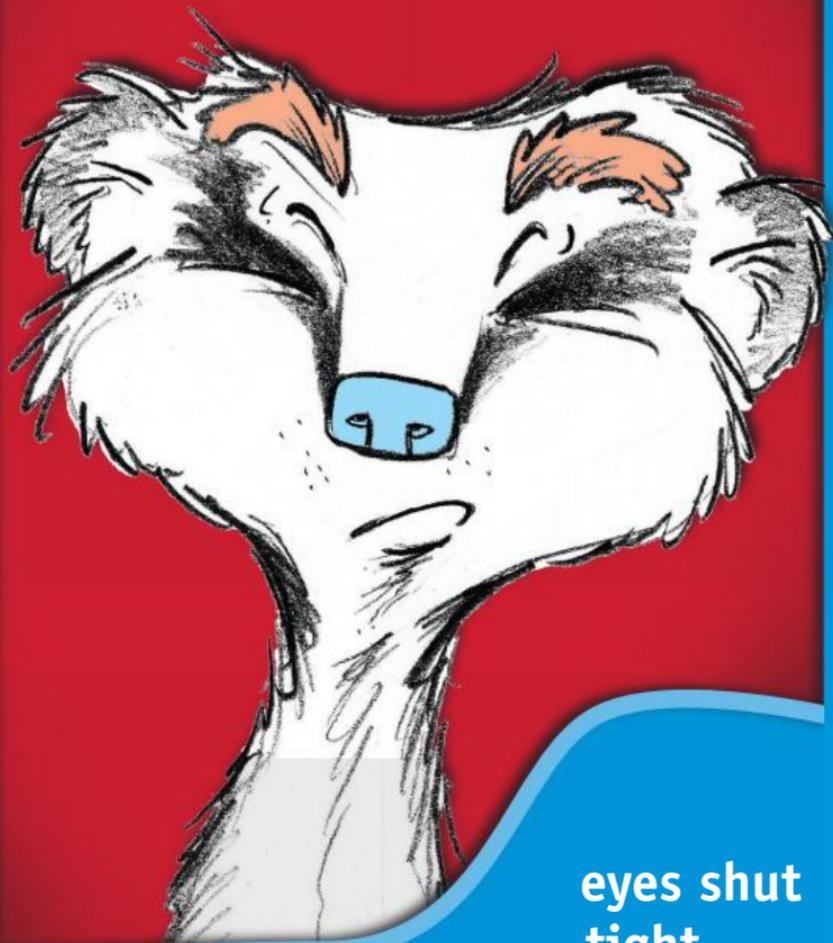




**distracted
dreamy**



dizzy

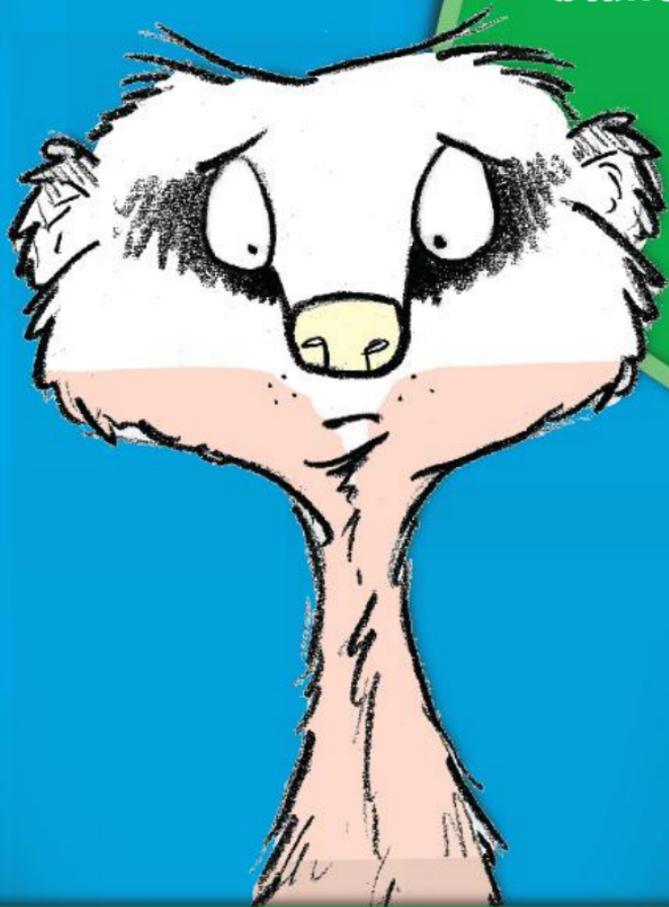


**eyes shut
tight**

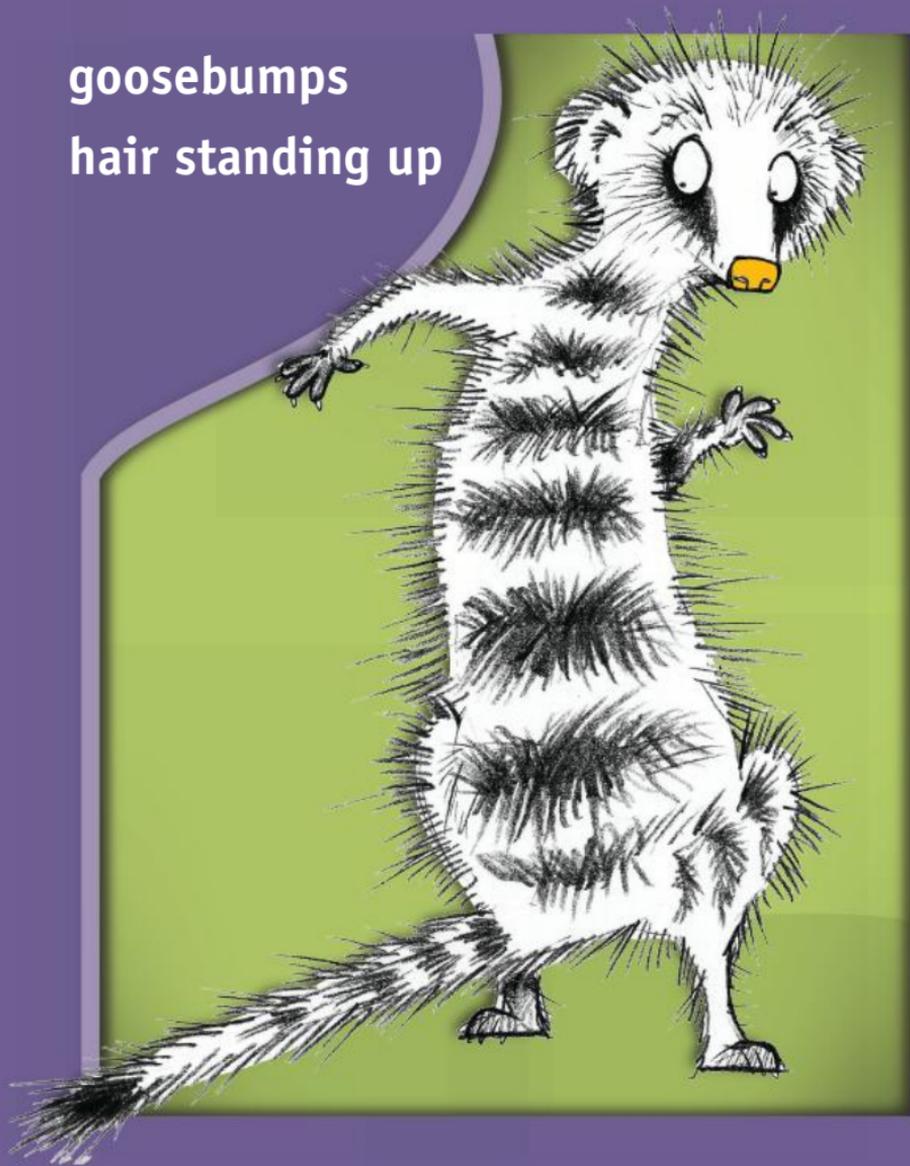


frozen

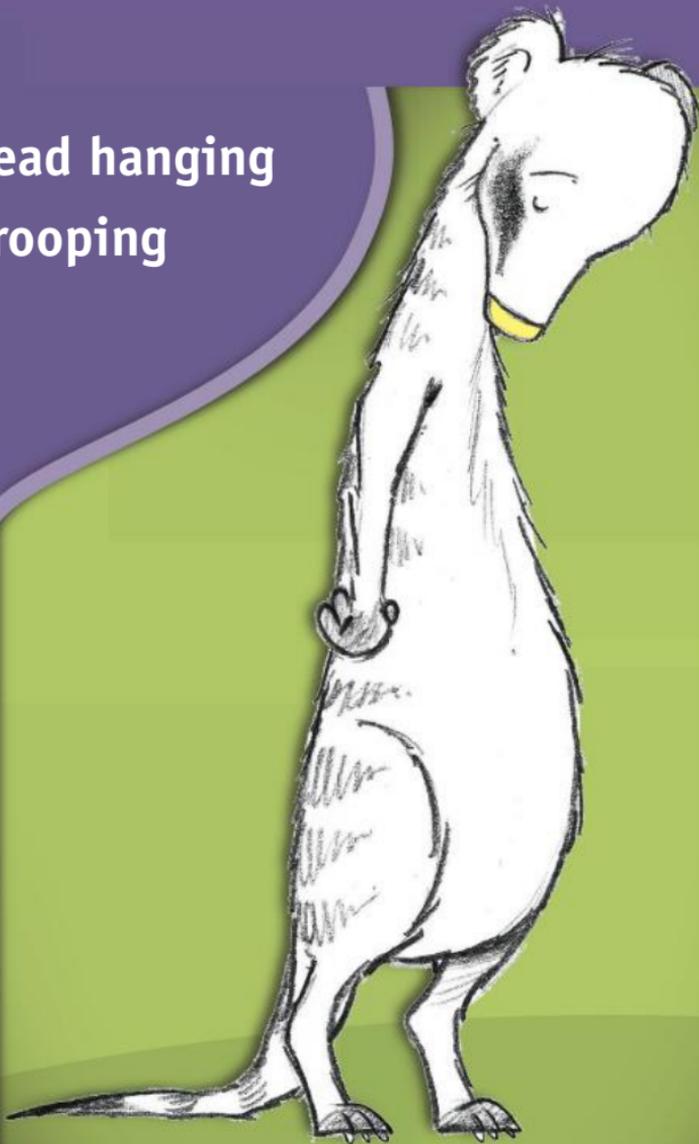
going pale
blanching



goosebumps
hair standing up



head hanging
drooping

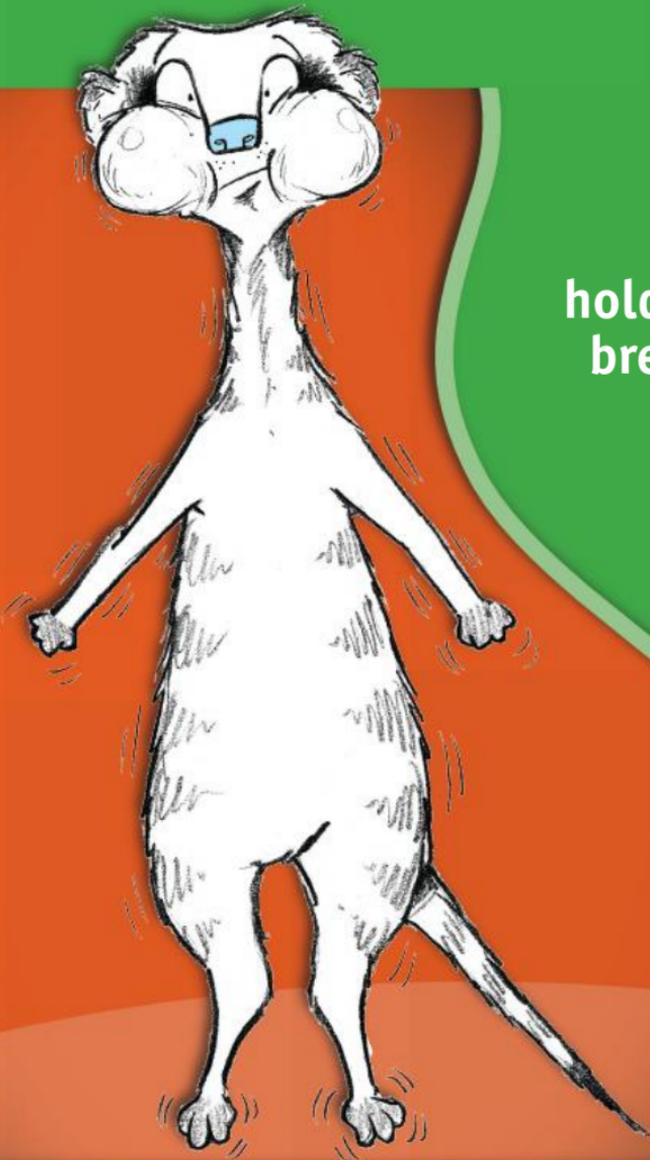


headache





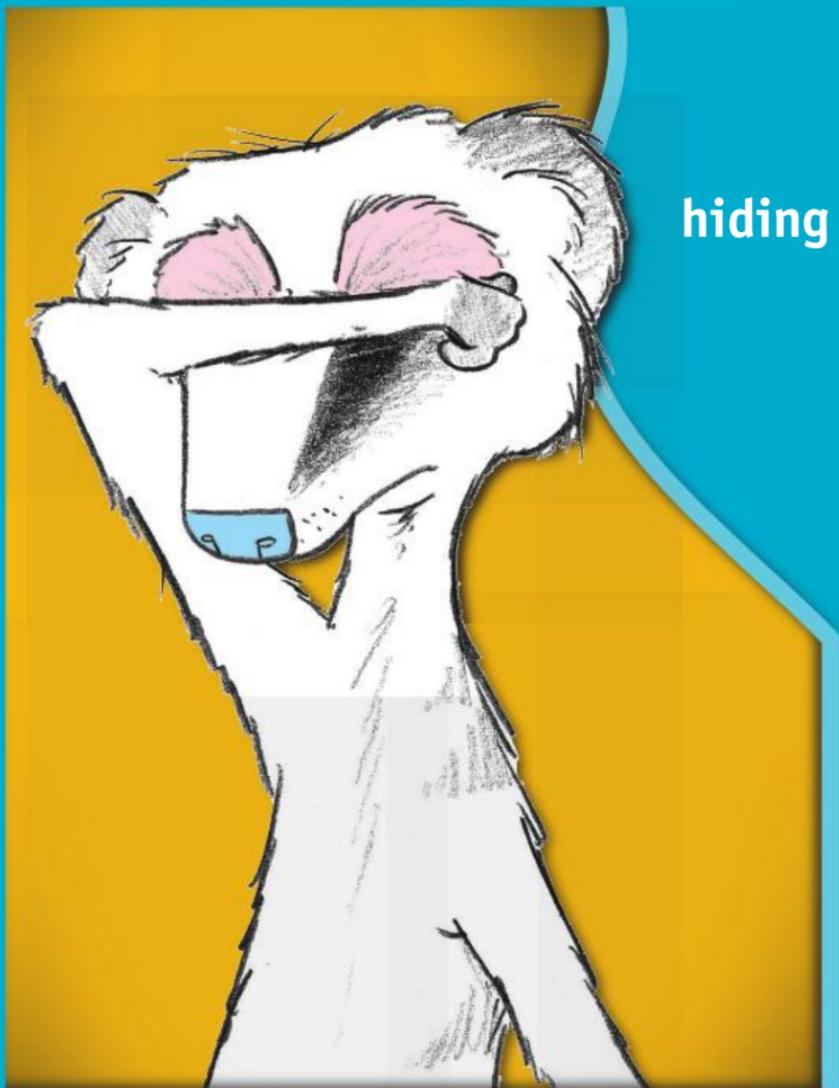
**hollow
empty**



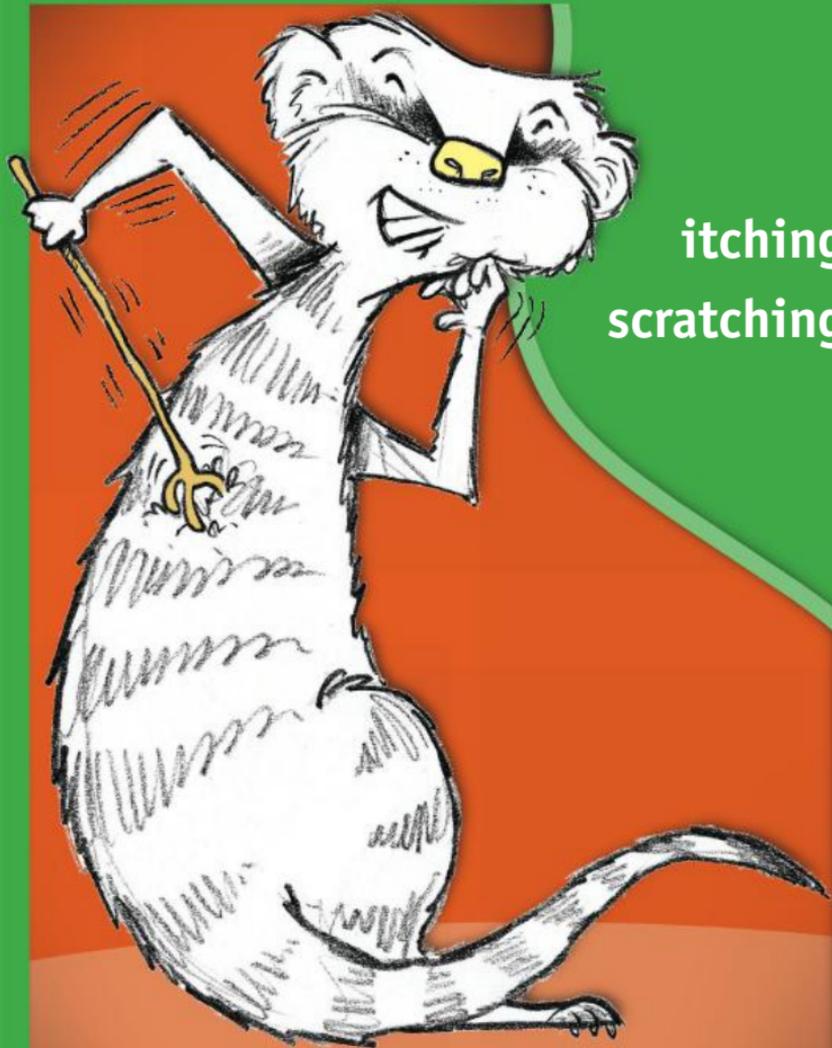
holding
breath



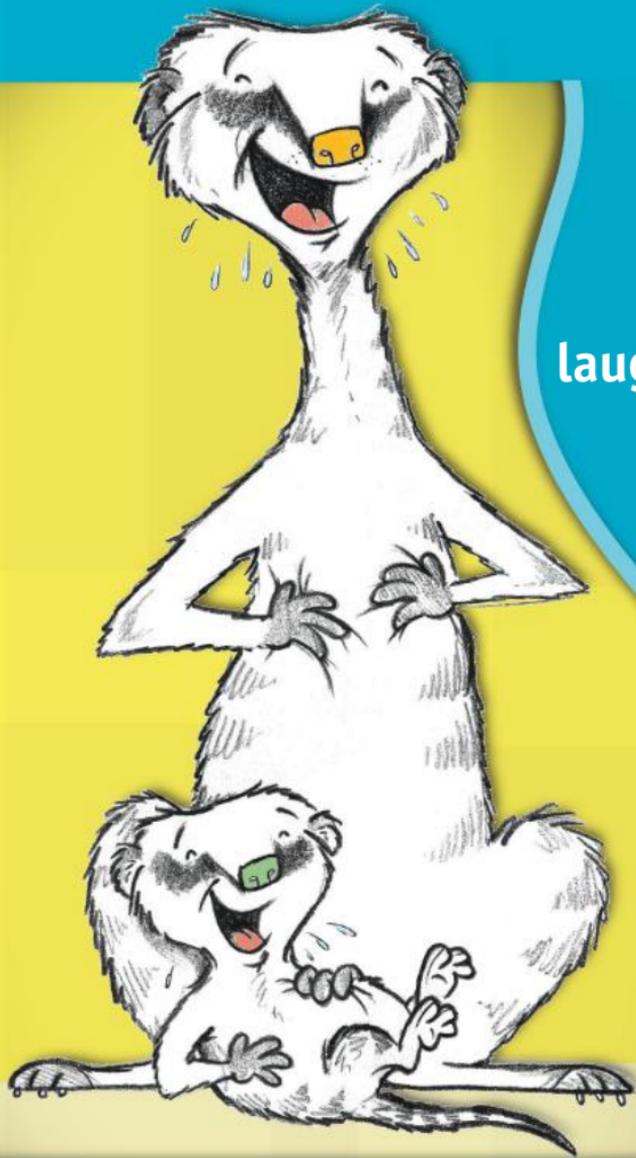
**heart
pounding**



hiding



itching
scratching



laughing



open

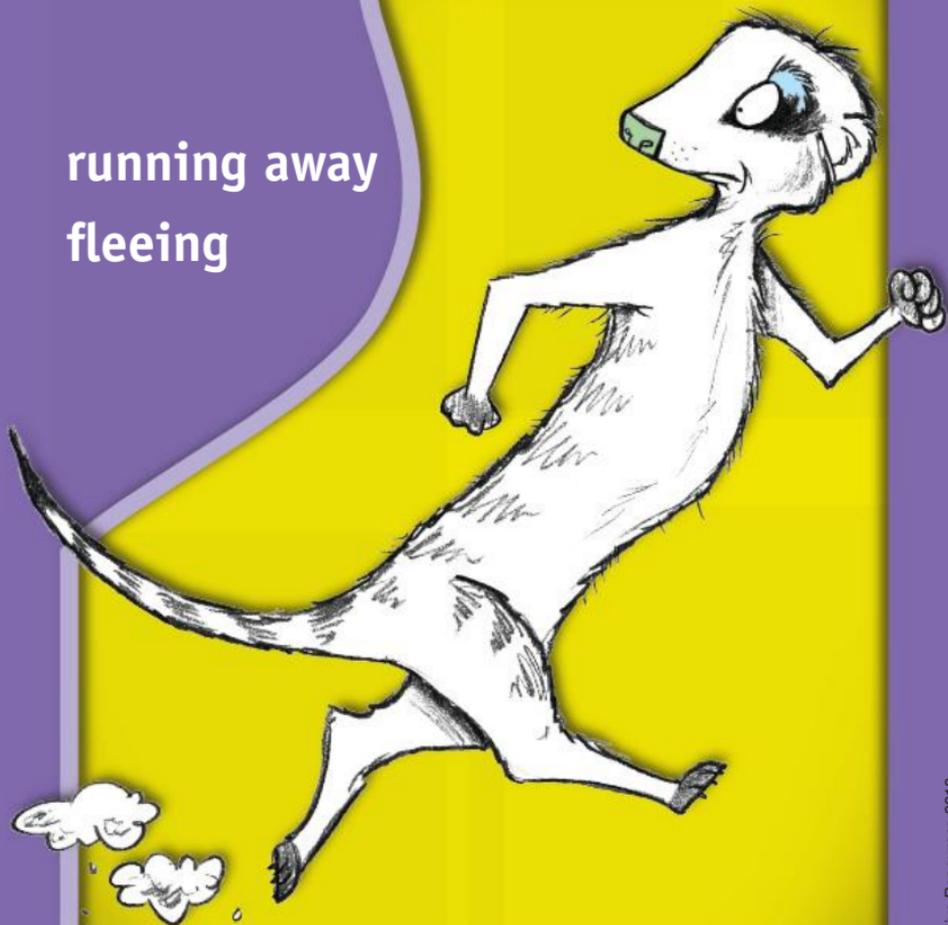


**raised
shoulders
hunched**



relaxed
full

running away
fleeing



shaking
agitated



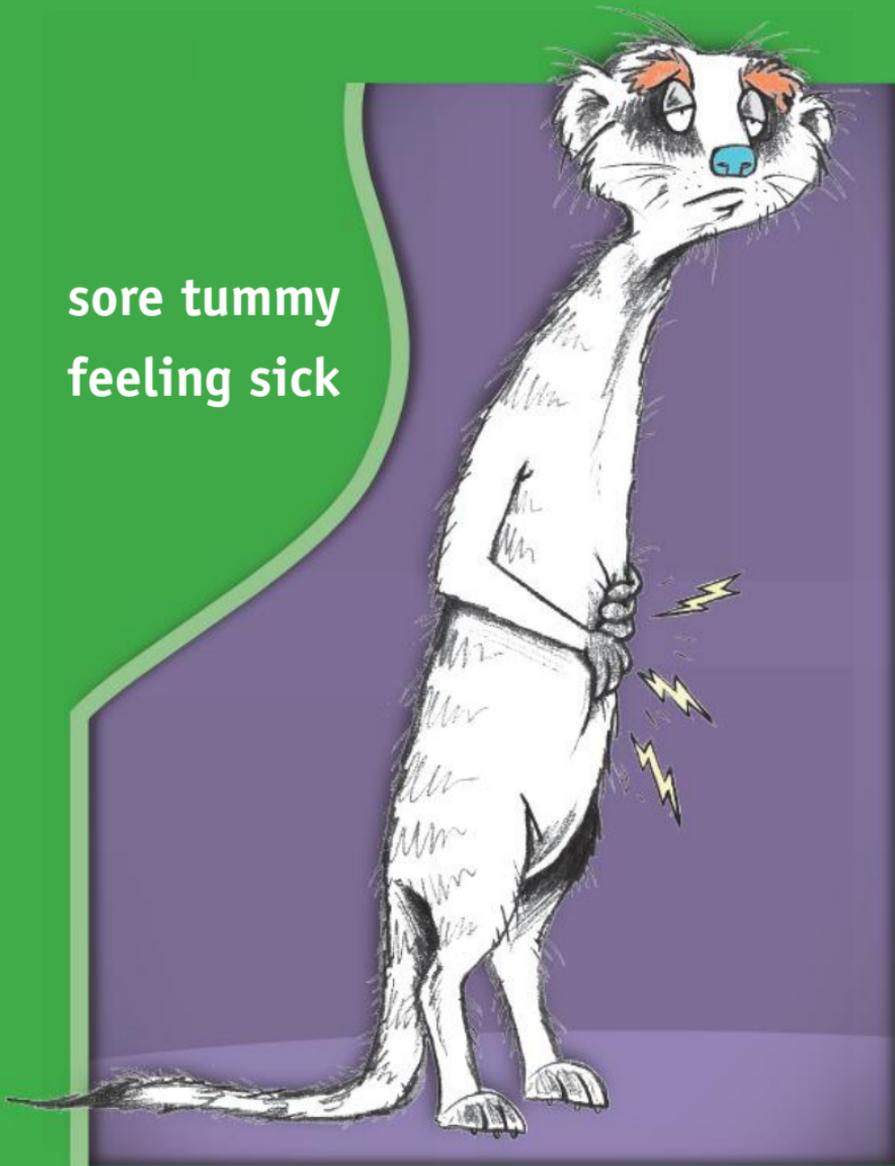
shutting out
covering ears





smiling

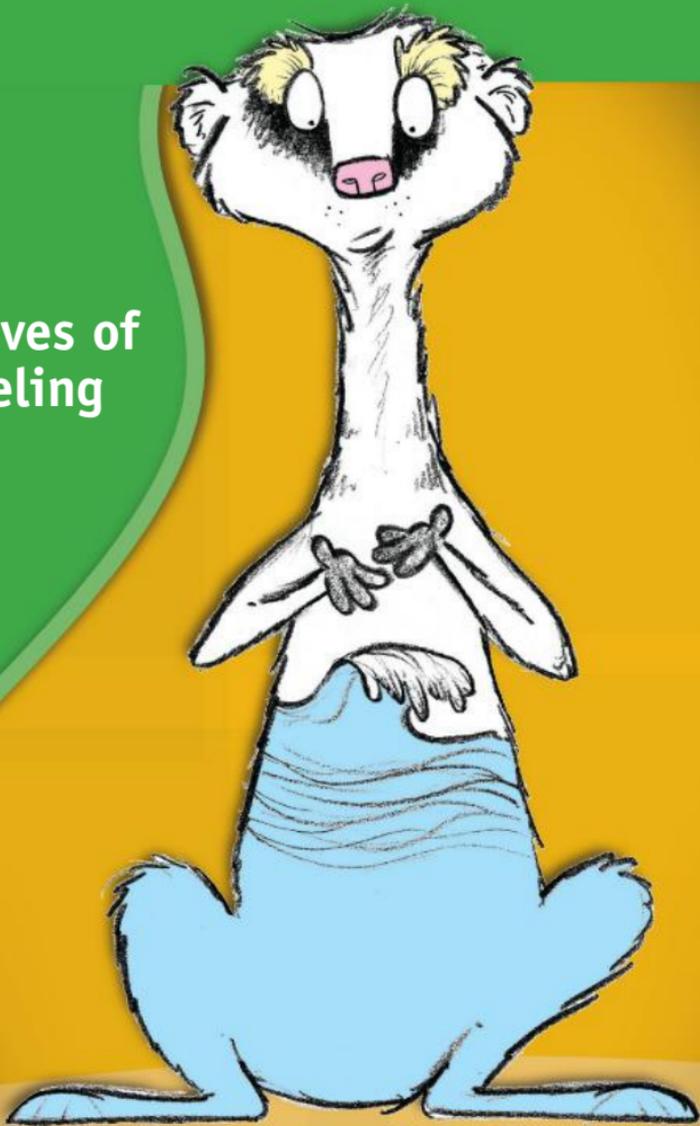
sore tummy
feeling sick



sweating



waves of
feeling



wide-eyed
staring

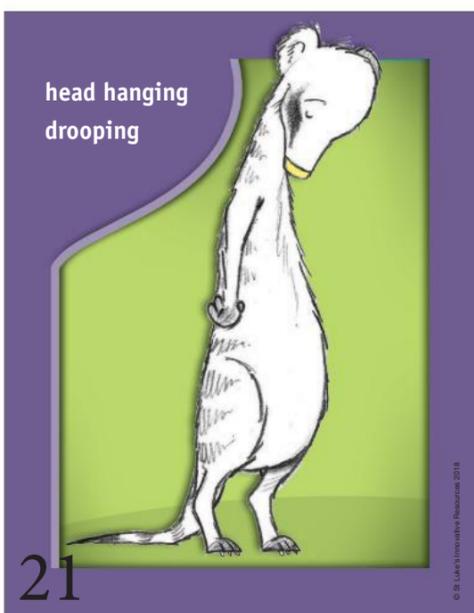
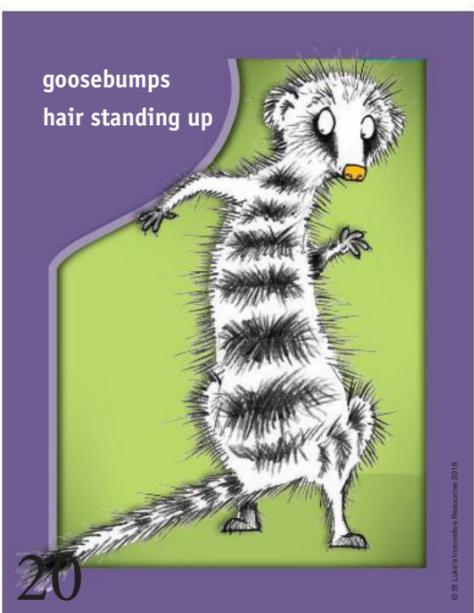
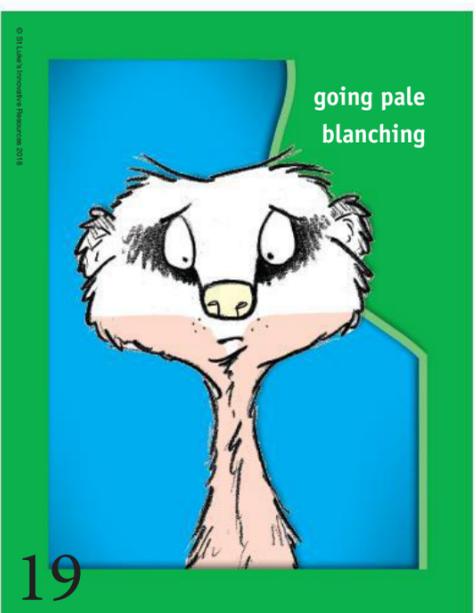
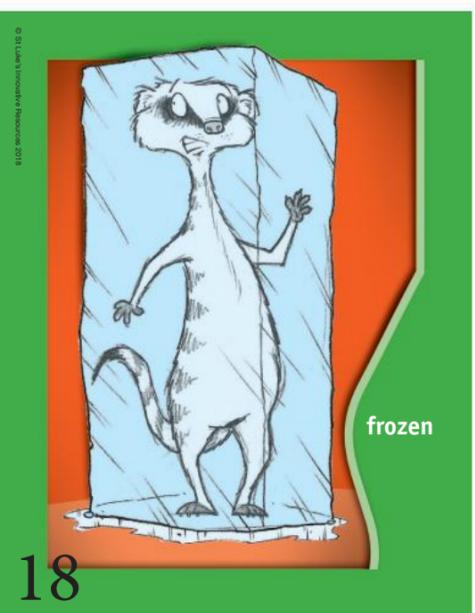
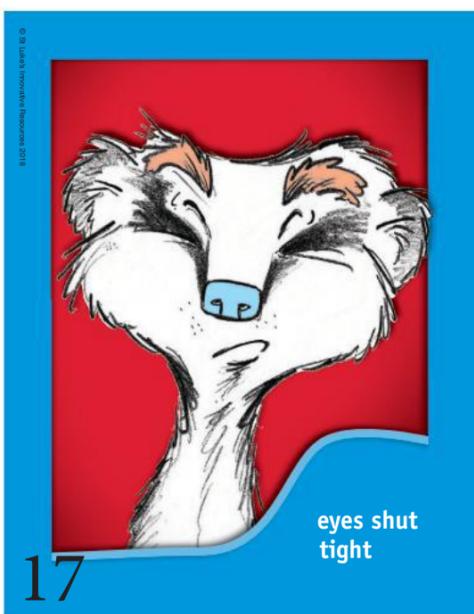
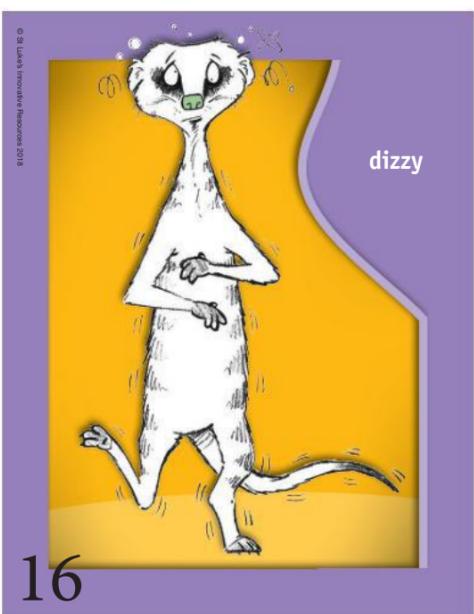
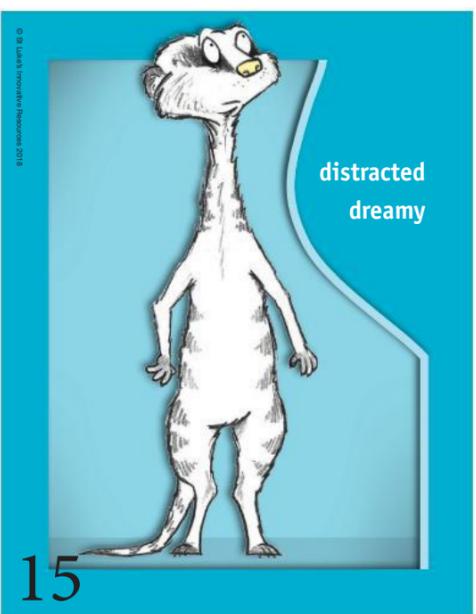
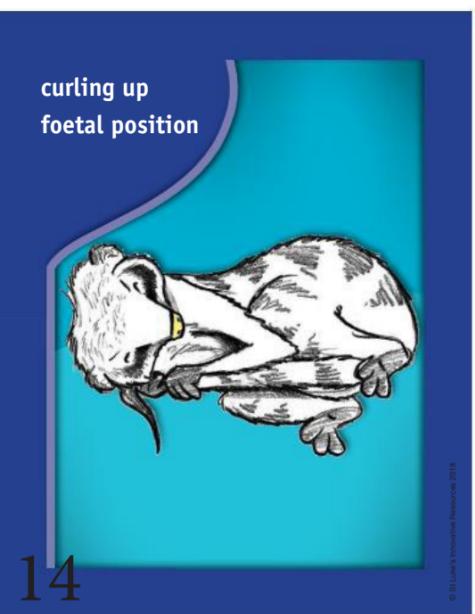
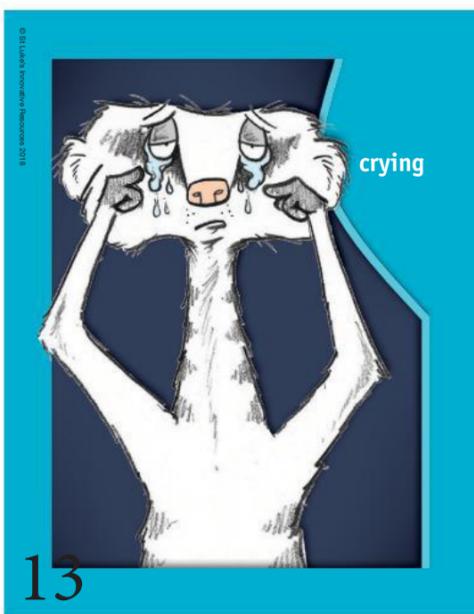
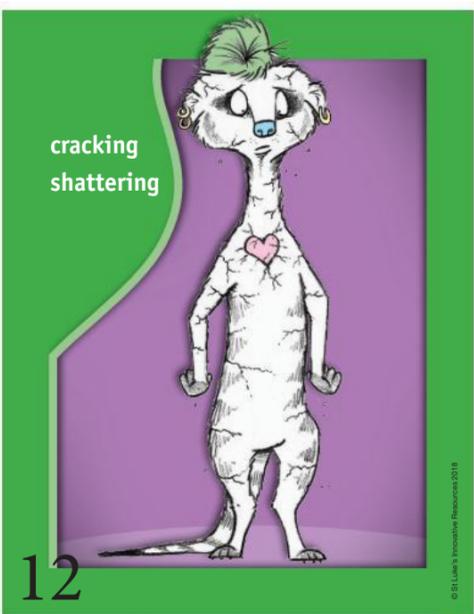
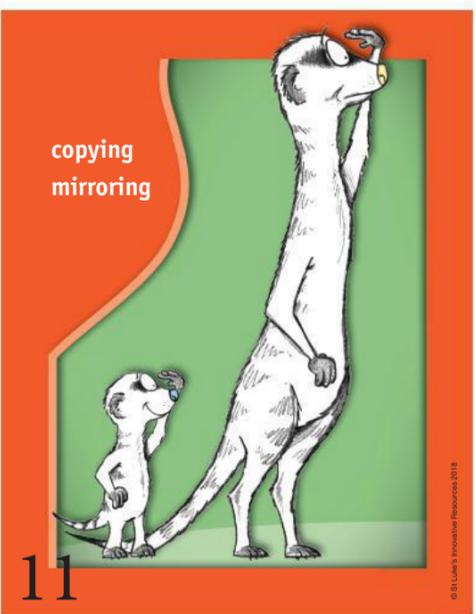
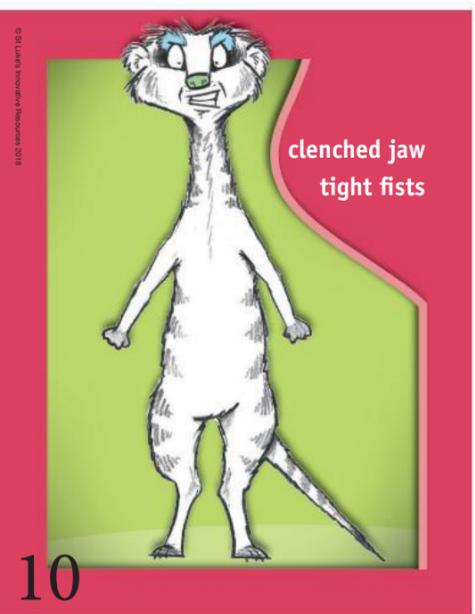
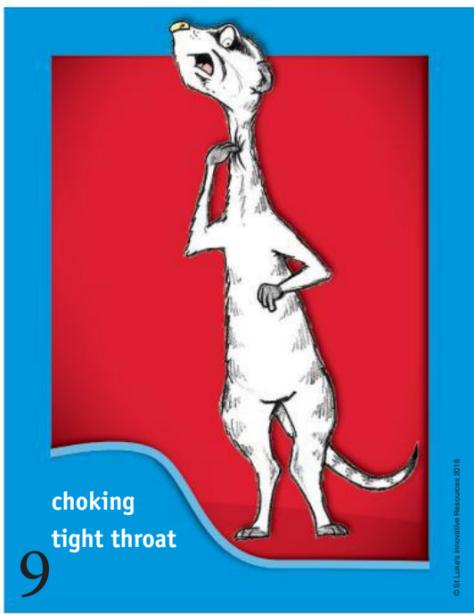
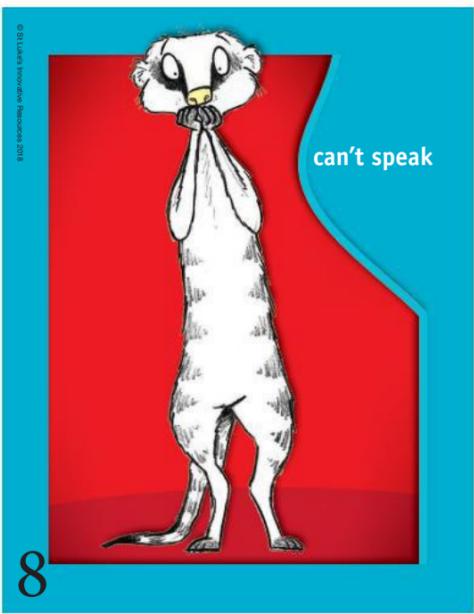
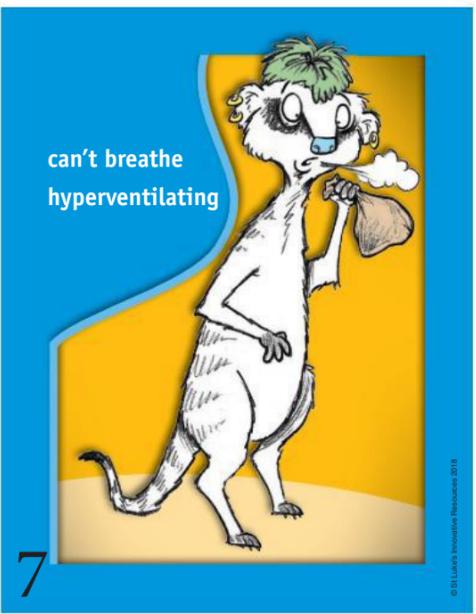
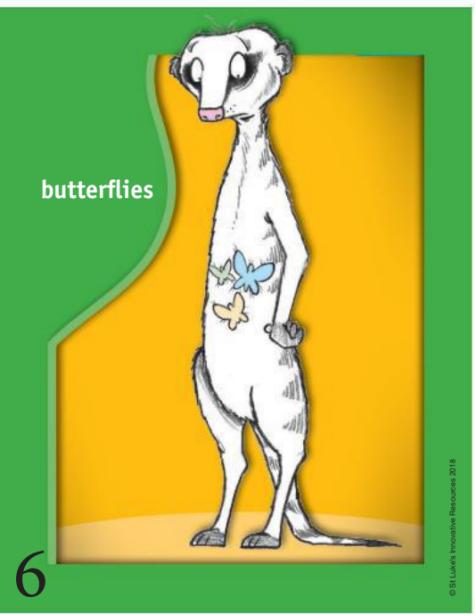
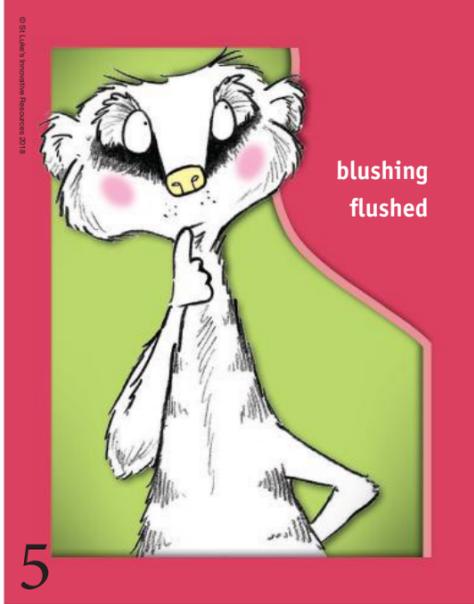
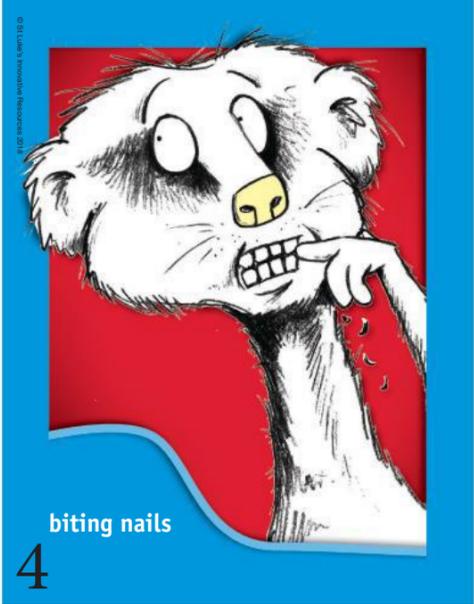
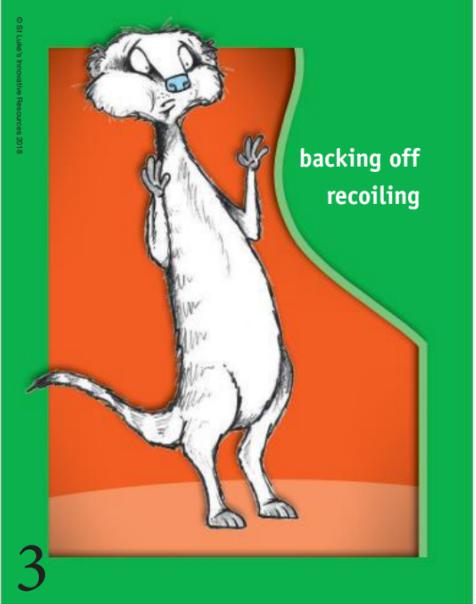
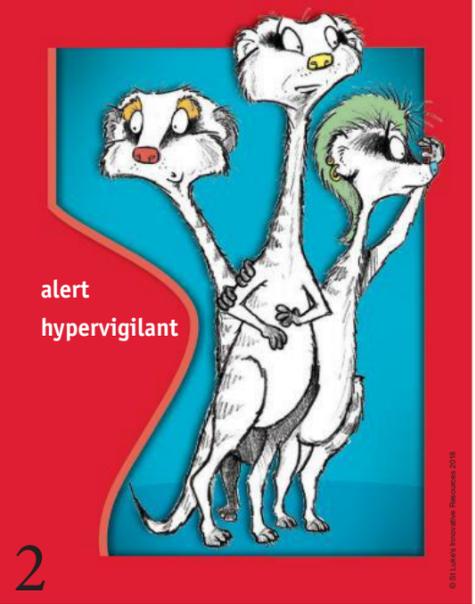




wetting
soiling

yawning
stretching





headache



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22

hollow empty



23

holding breath



24

heart pounding



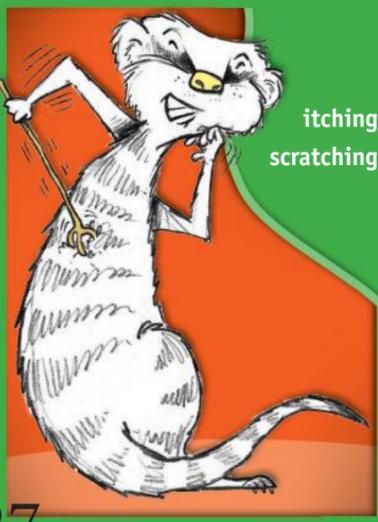
25

hiding



26

itching scratching



27

laughing



28

open



29

raised shoulders hunched



30

relaxed full



31

running away fleeing



32

shaking agitated



33

shutting out covering ears



34

smiling



35

sore tummy feeling sick



36

sweating



37

waves of feeling



38

wide-eyed staring



39

wetting soiling



40

yawning stretching



41