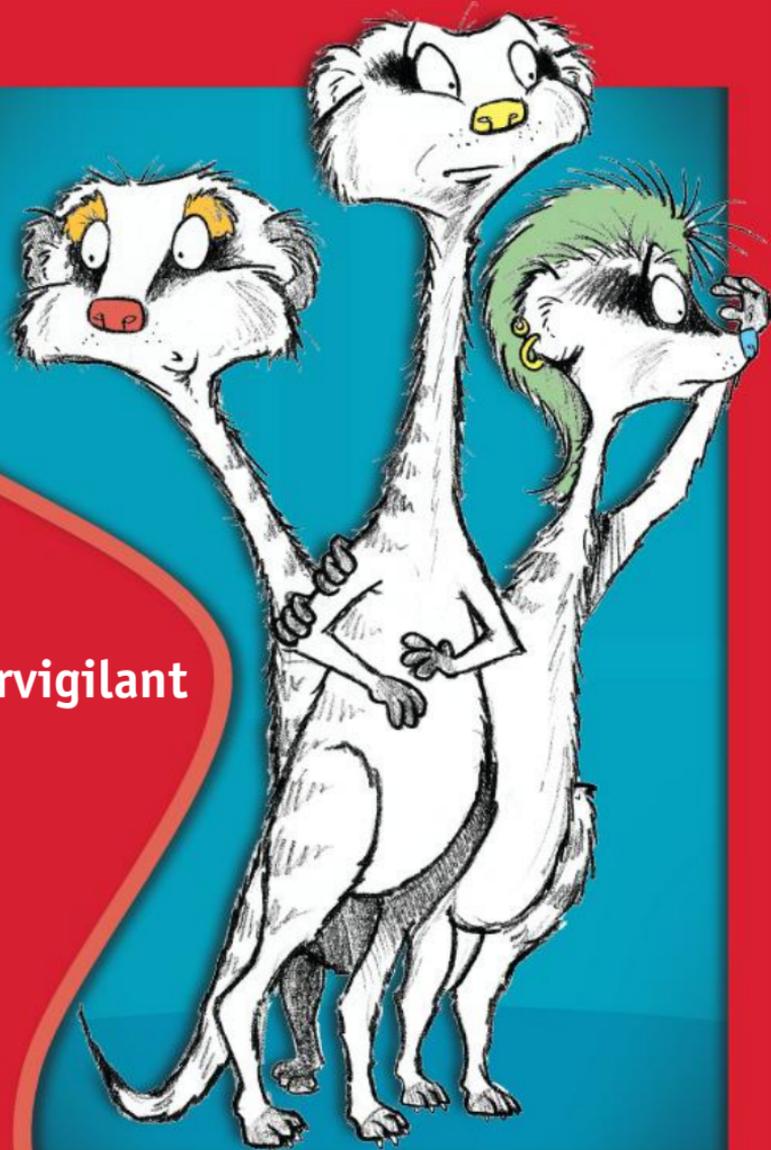


# BODY SIGNALS



alert  
hypervigilant





**backing off  
recoiling**

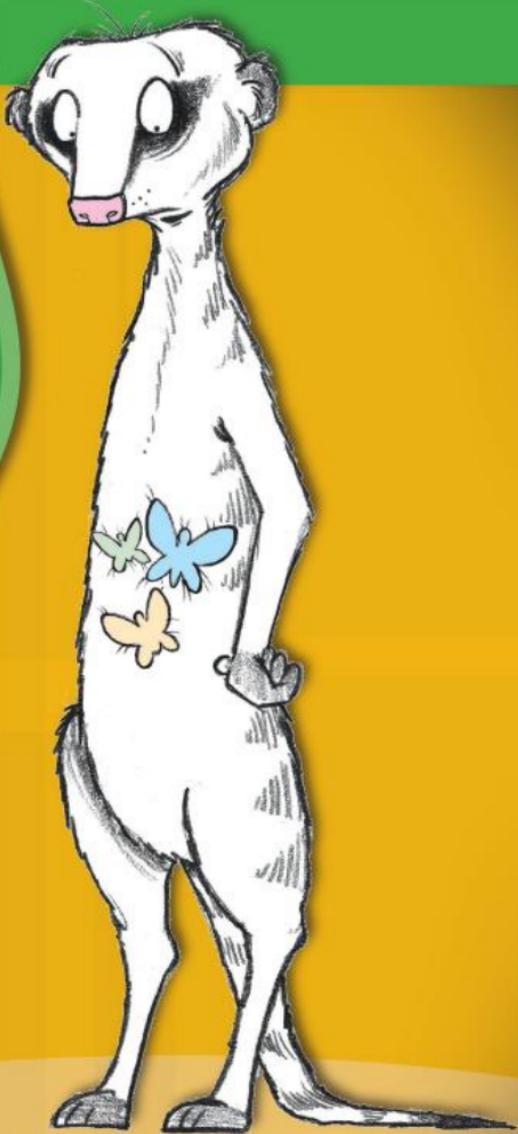


**biting nails**



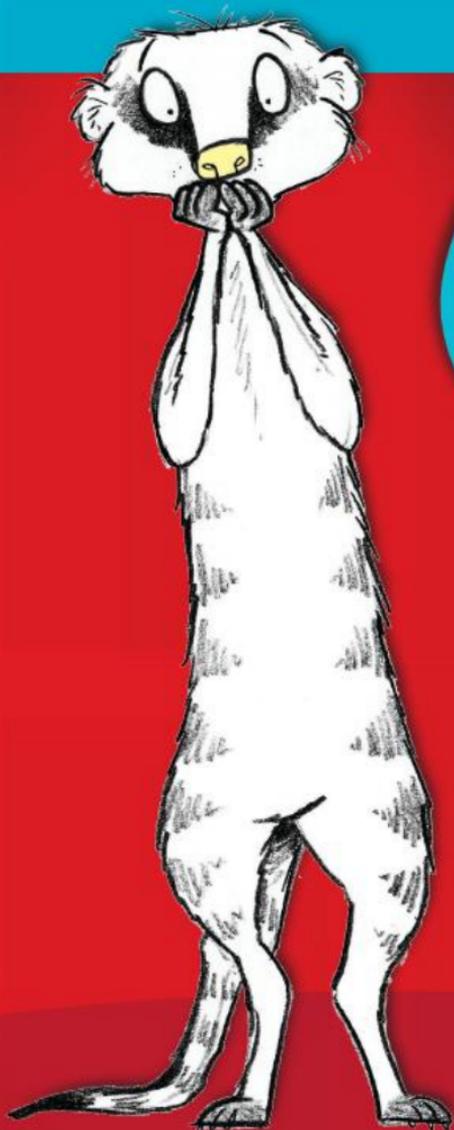
**blushing**  
**flushed**

butterflies



can't breathe  
hyperventilating





can't speak

**choking  
tight throat**





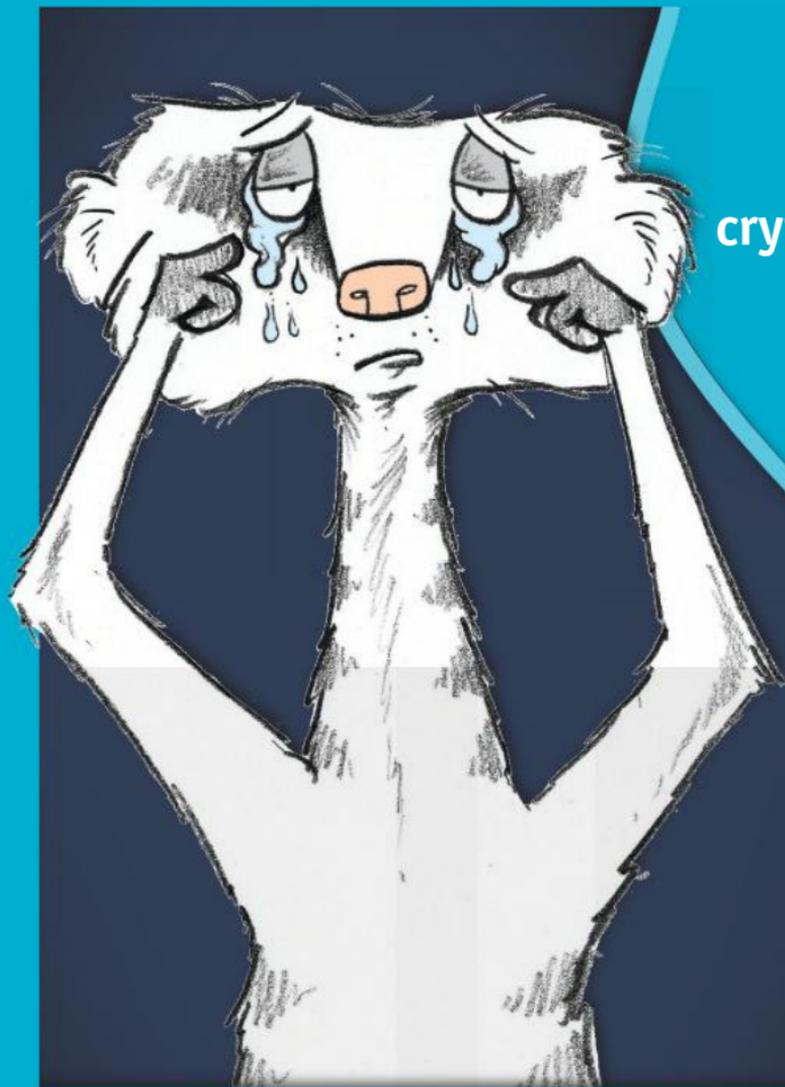
**clenched jaw**  
**tight fists**

copying  
mirroring



cracking  
shattering

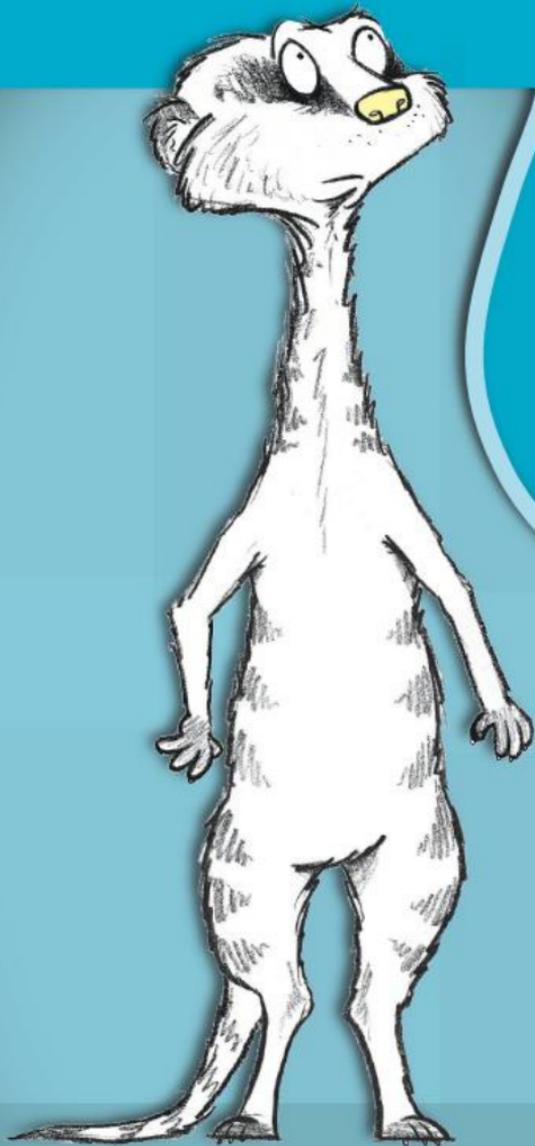




crying

**curling up  
foetal position**

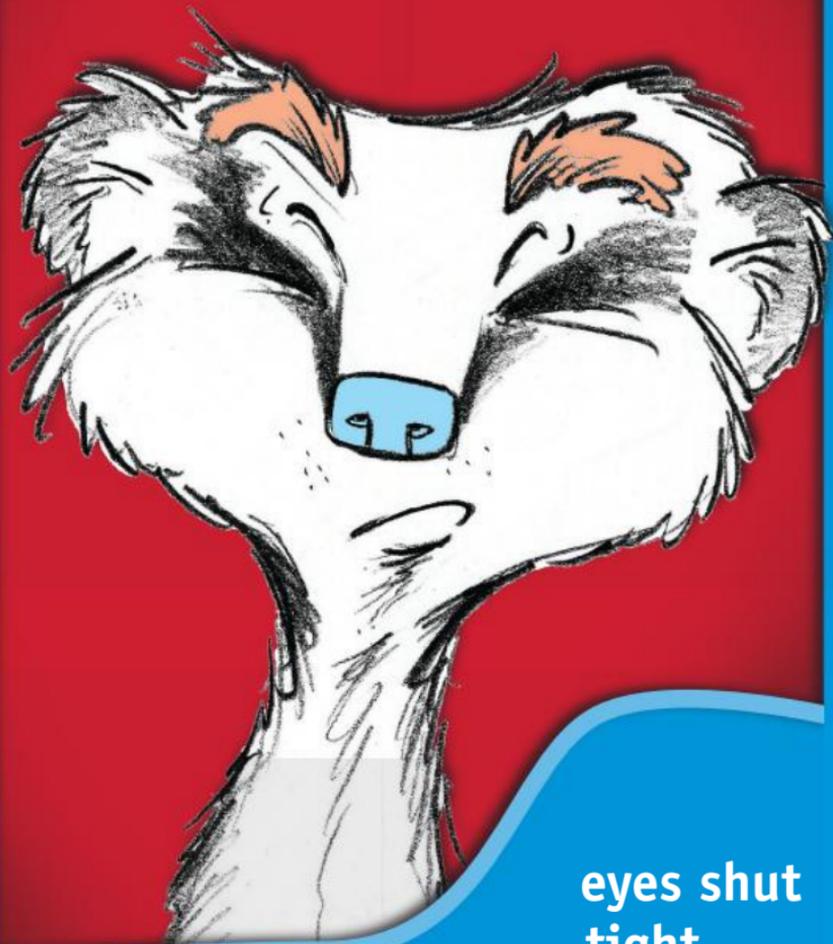




**distracted  
dreamy**



dizzy

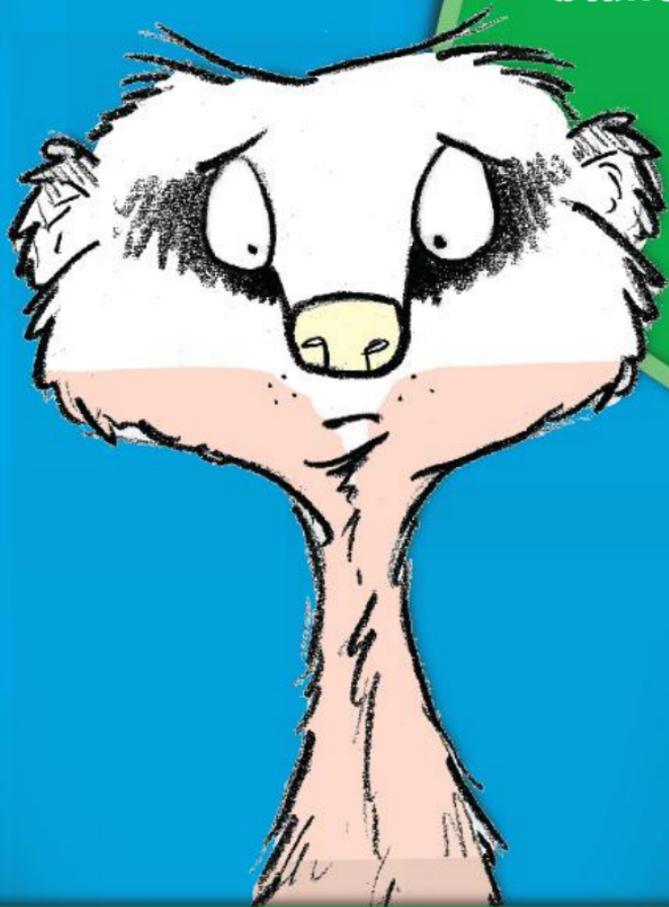


**eyes shut  
tight**

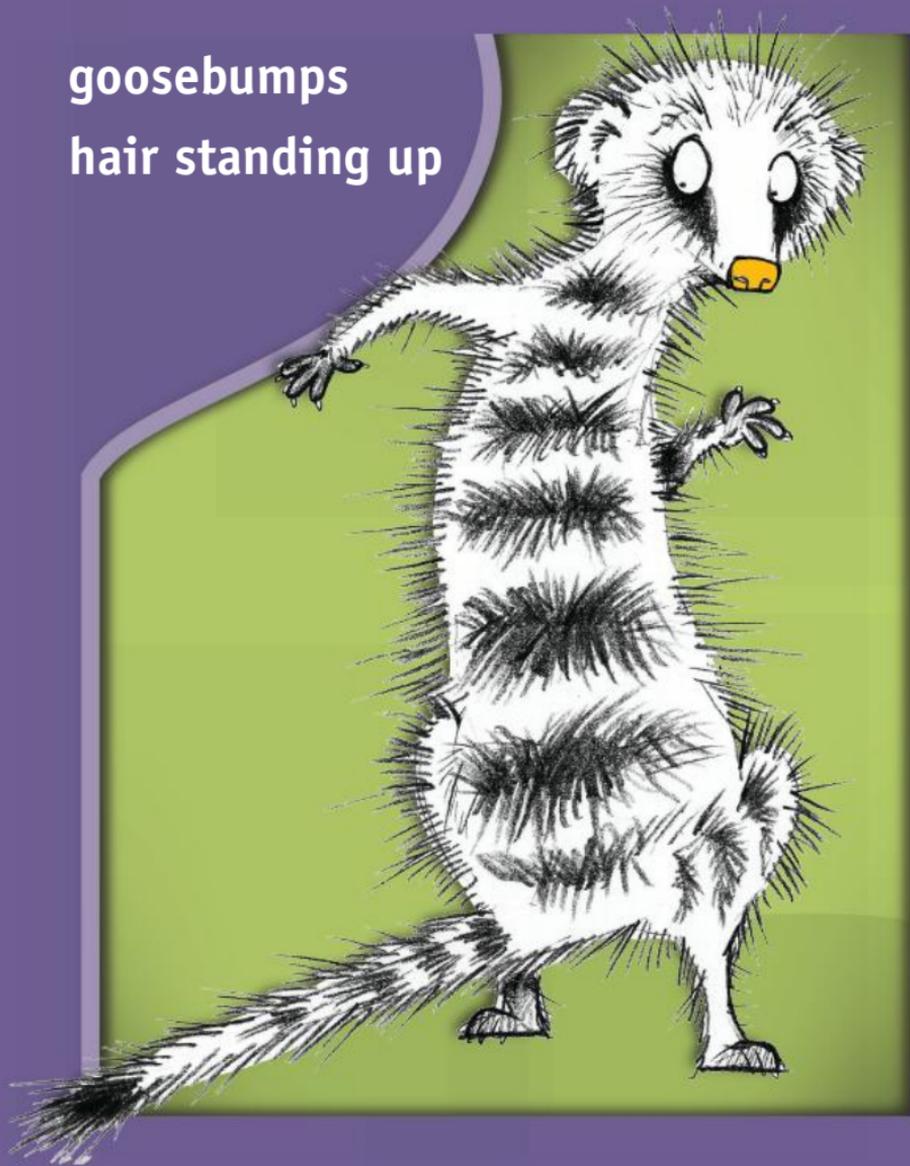


frozen

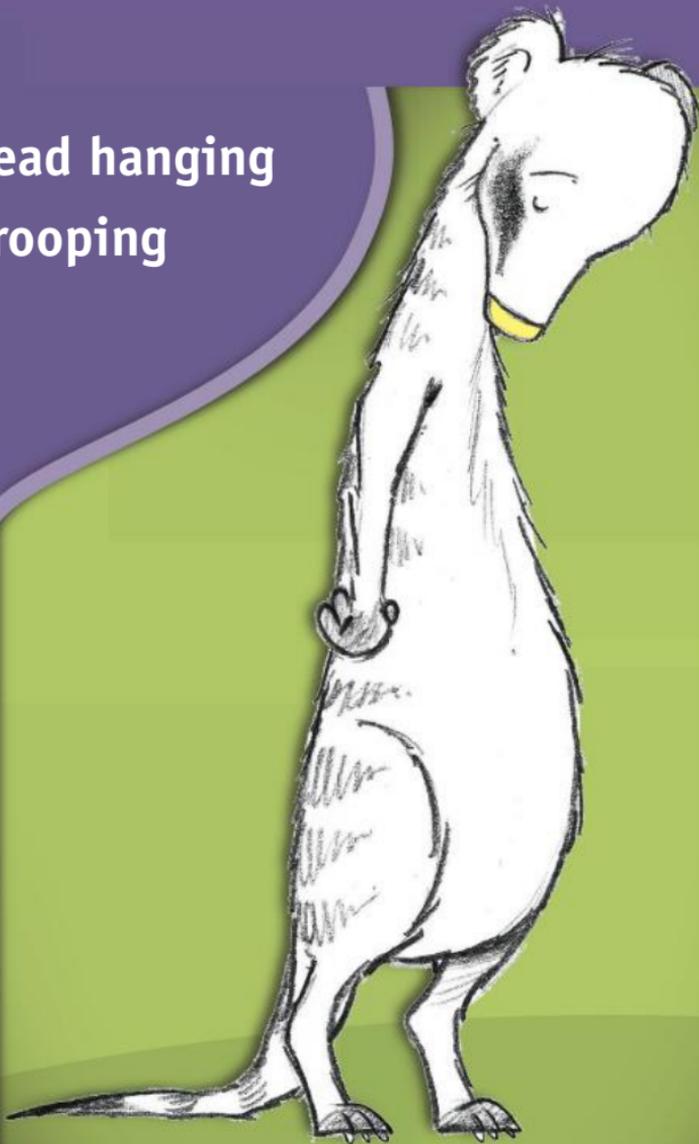
going pale  
blanching



goosebumps  
hair standing up



head hanging  
drooping

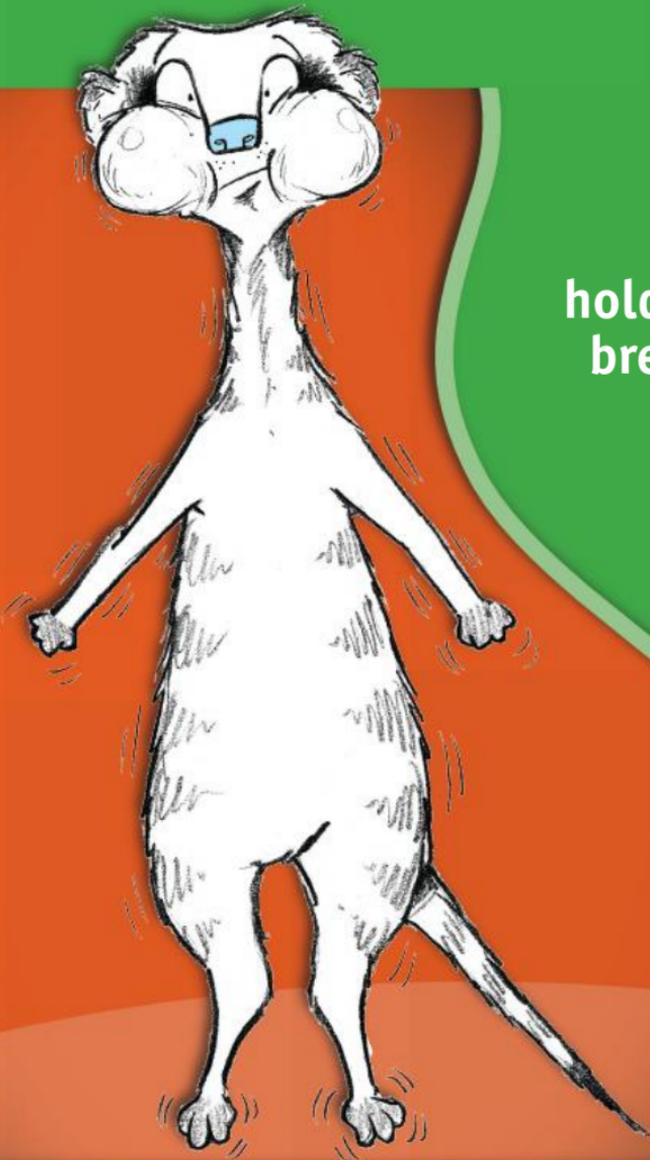


headache





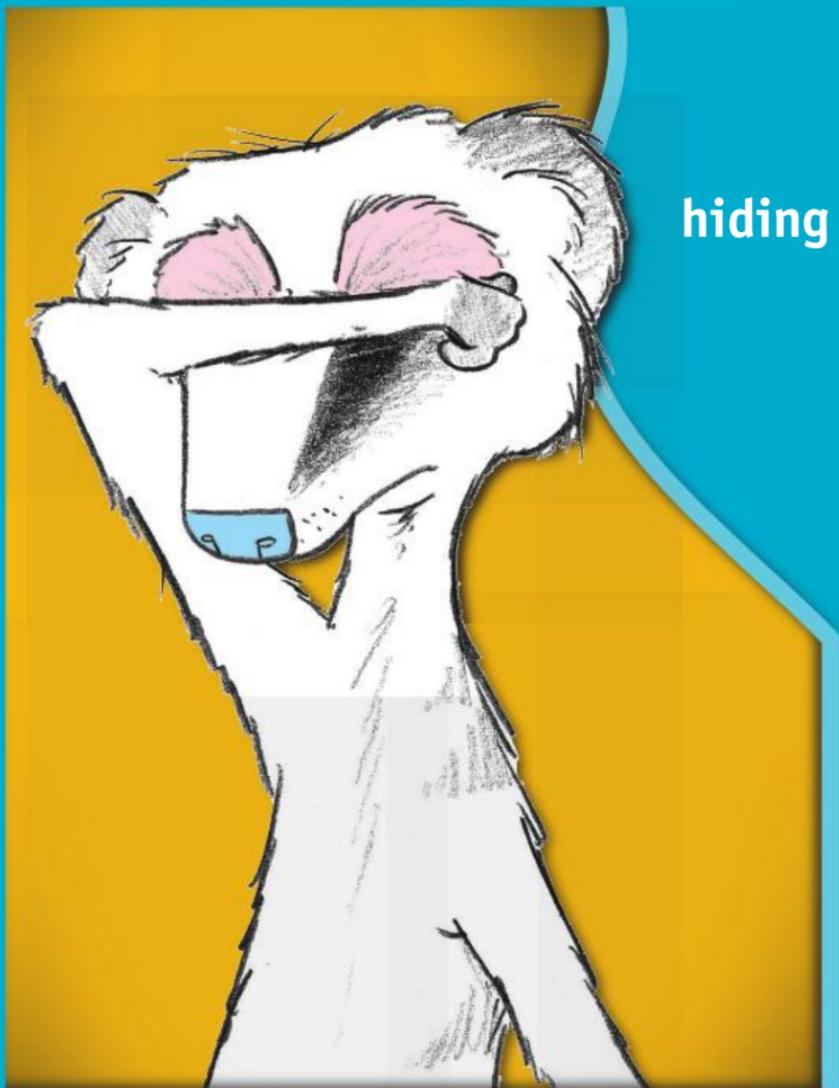
**hollow  
empty**



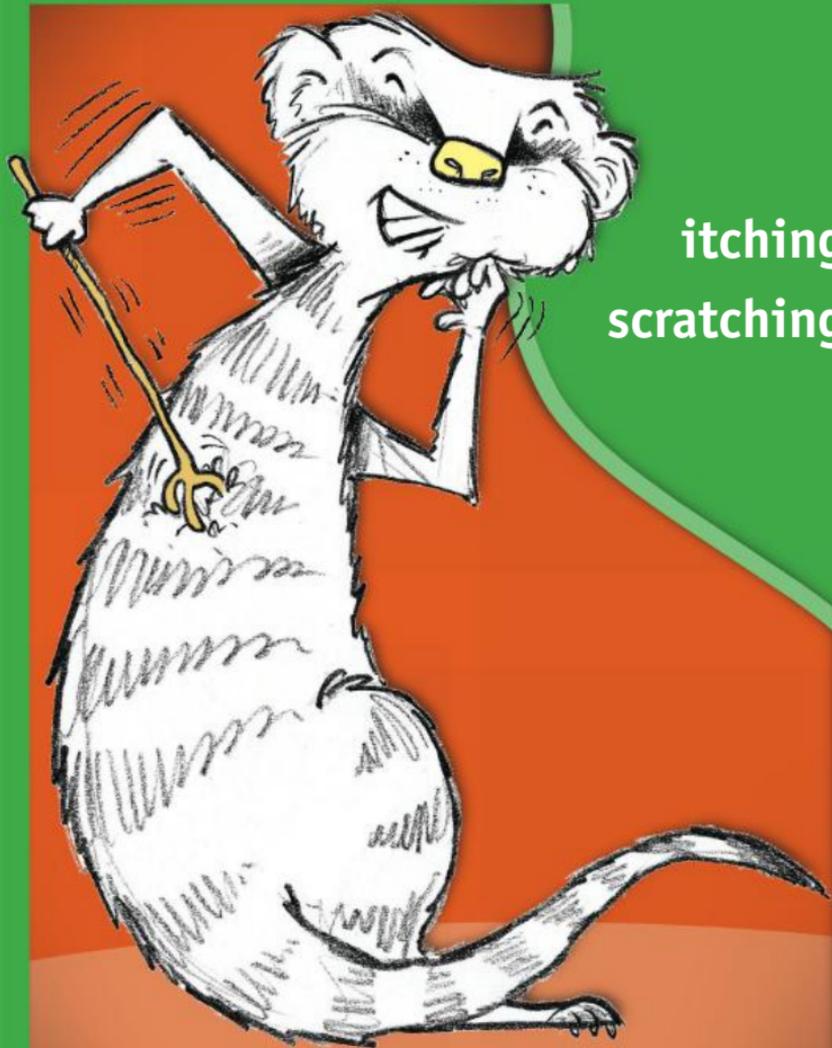
holding  
breath



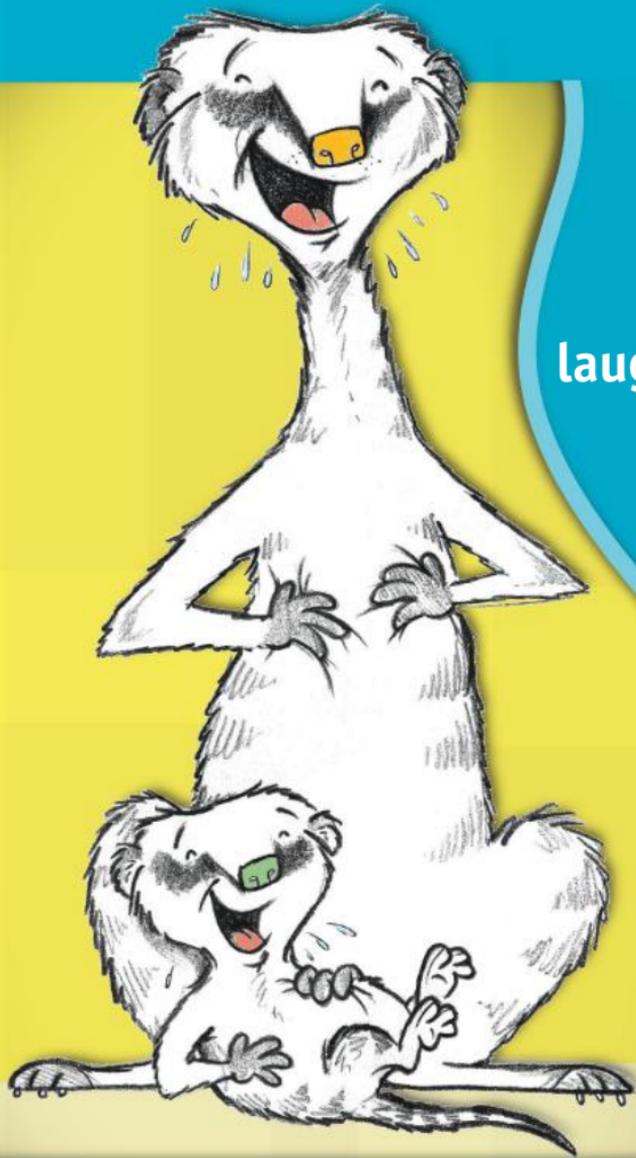
**heart  
pounding**



hiding



itching  
scratching



laughing



open

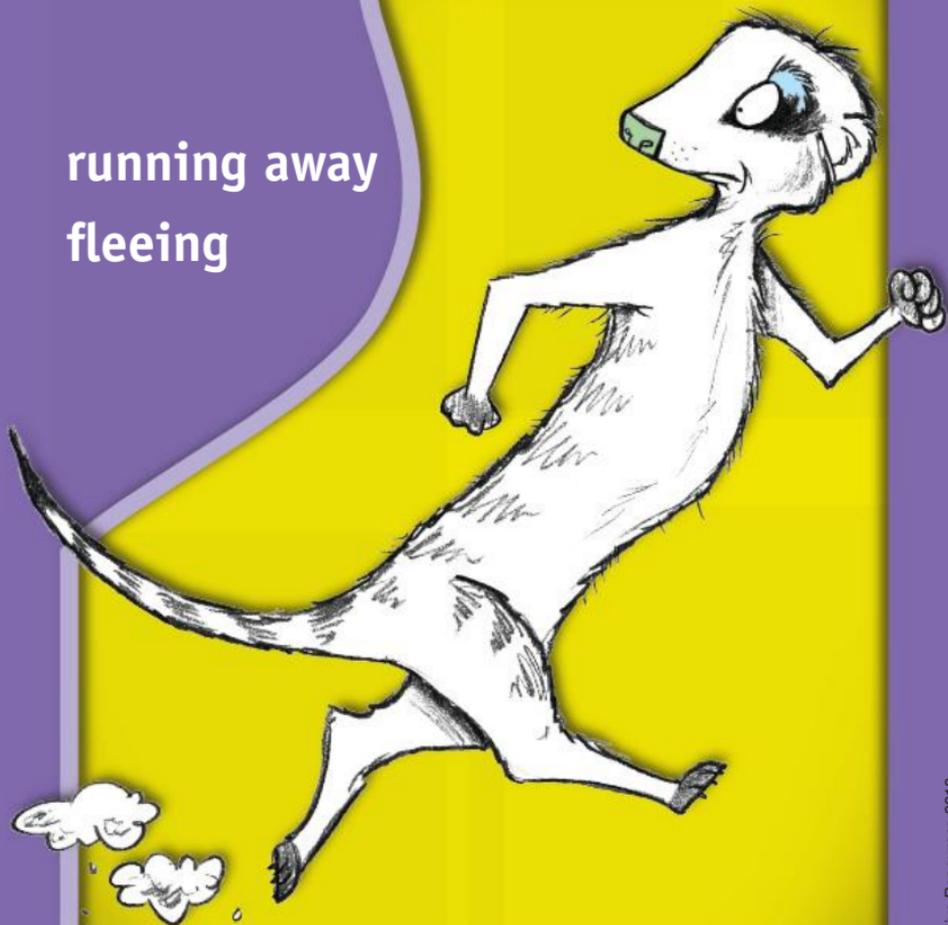


**raised  
shoulders  
hunched**



relaxed  
full

running away  
fleeing



shaking  
agitated



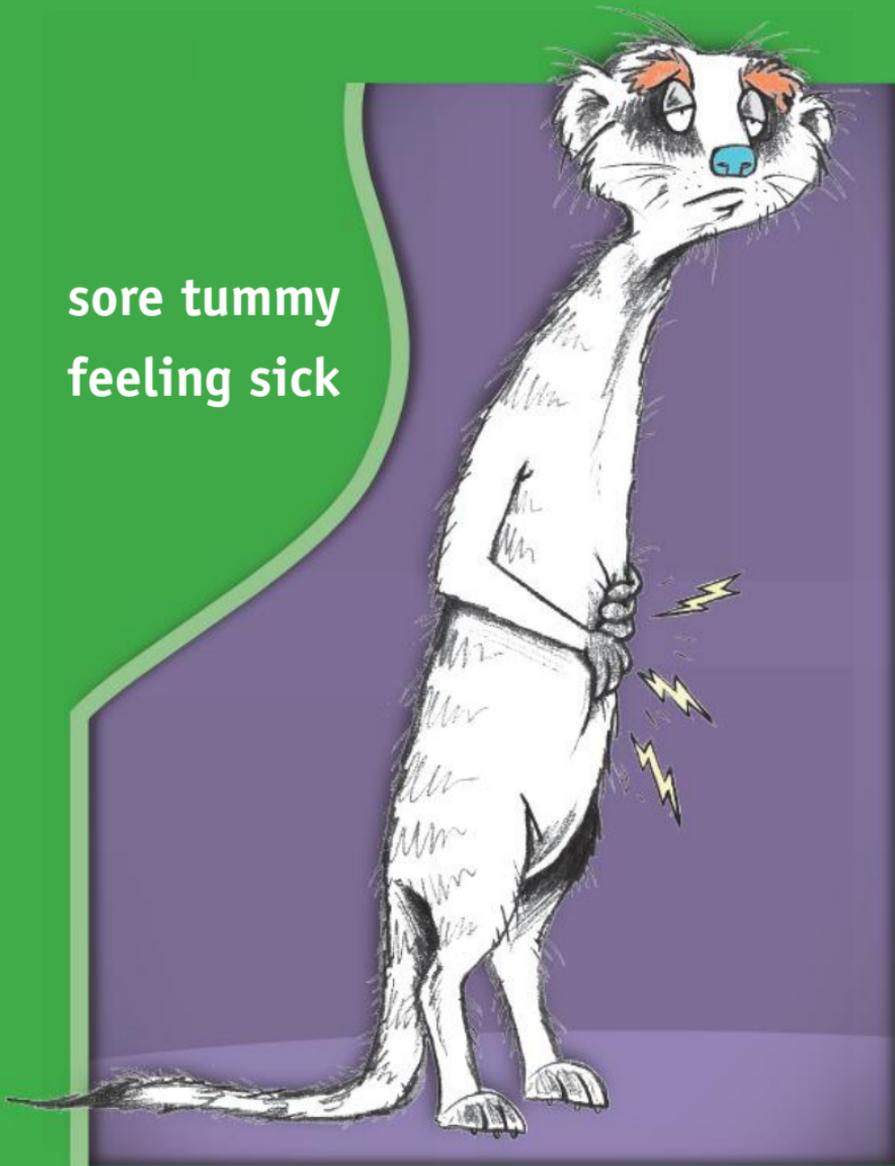
shutting out  
covering ears





smiling

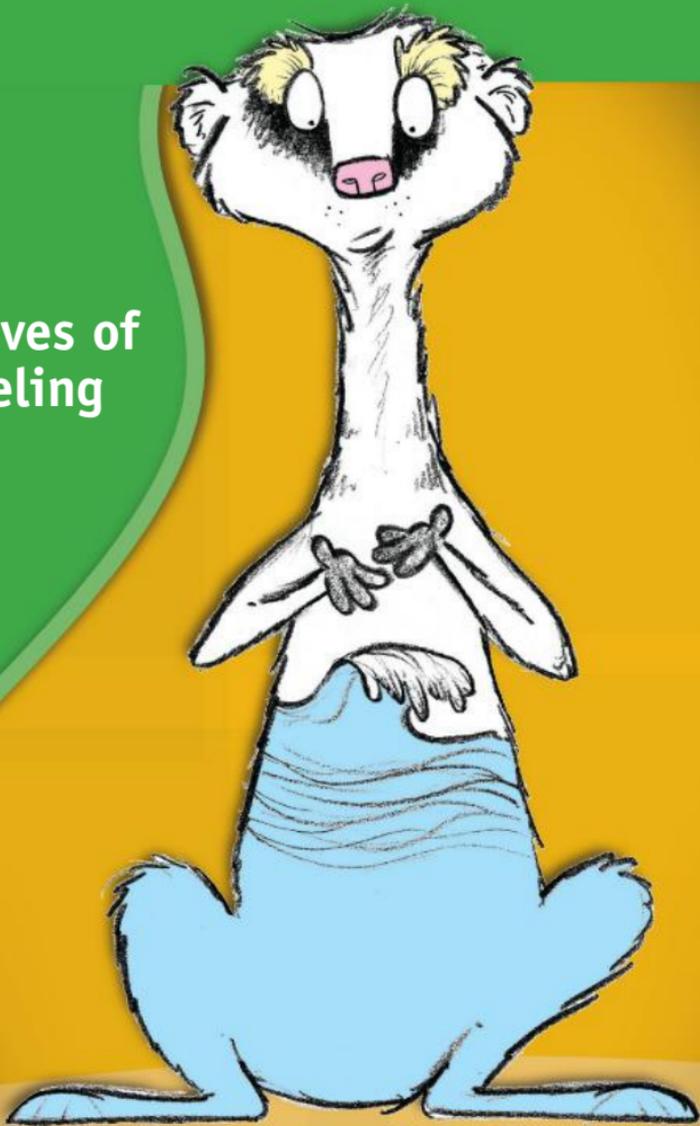
sore tummy  
feeling sick



sweating



waves of  
feeling



wide-eyed  
staring

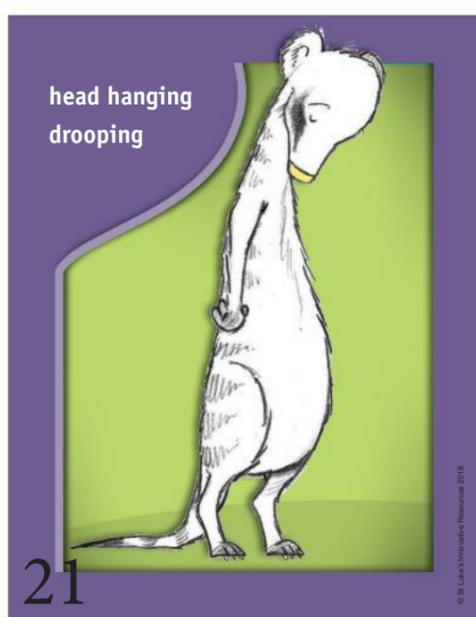
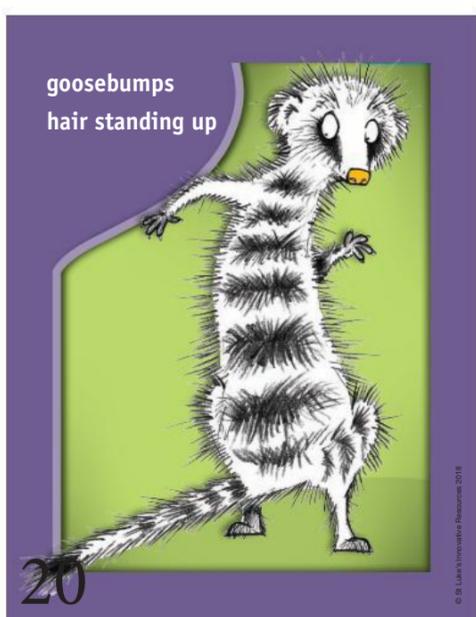
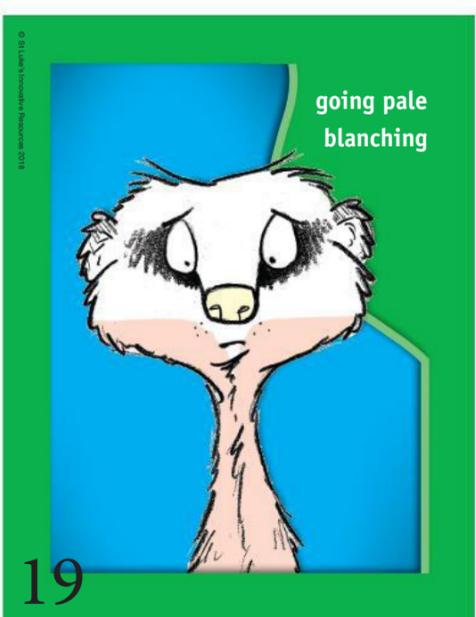
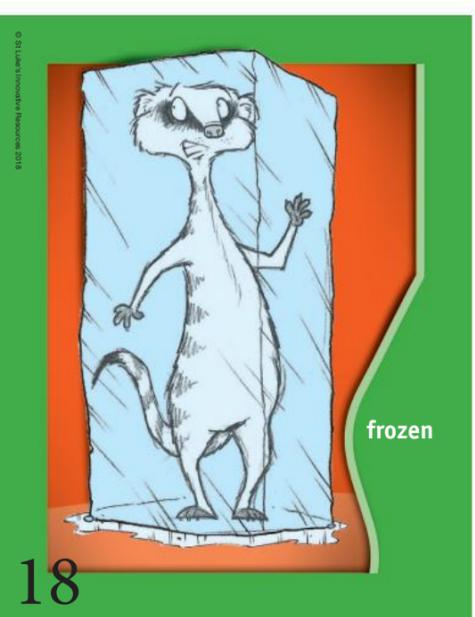
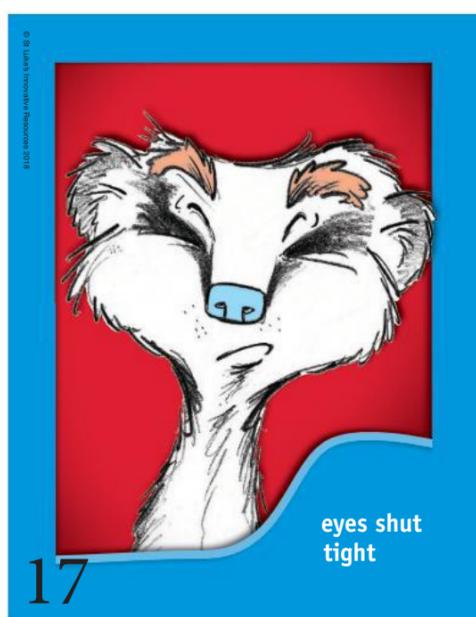
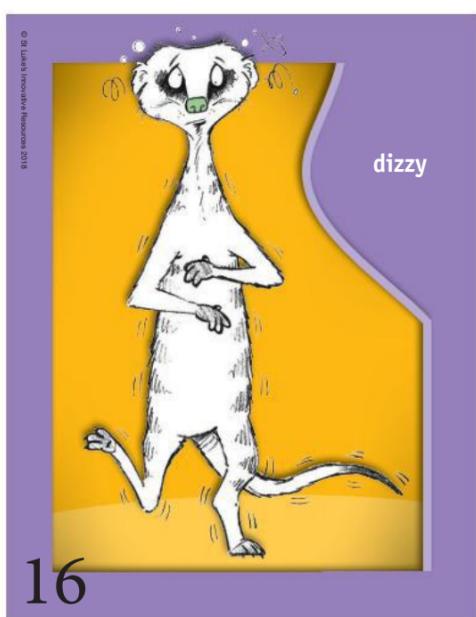
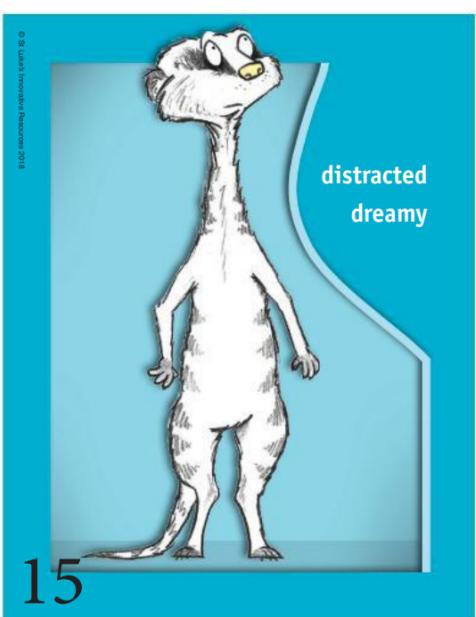
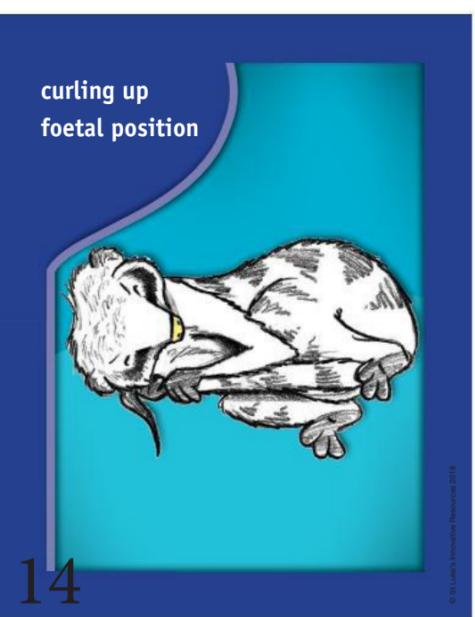
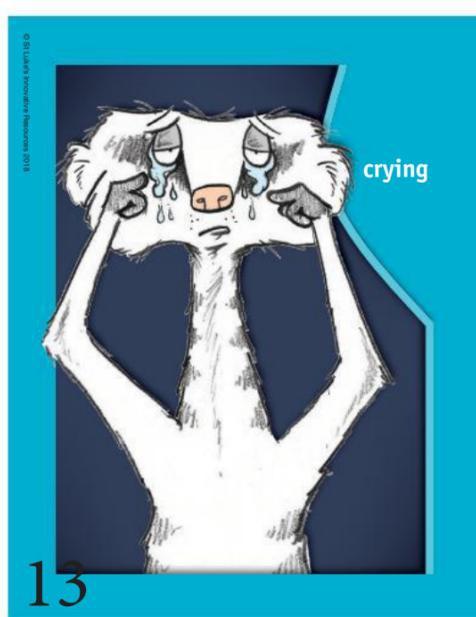
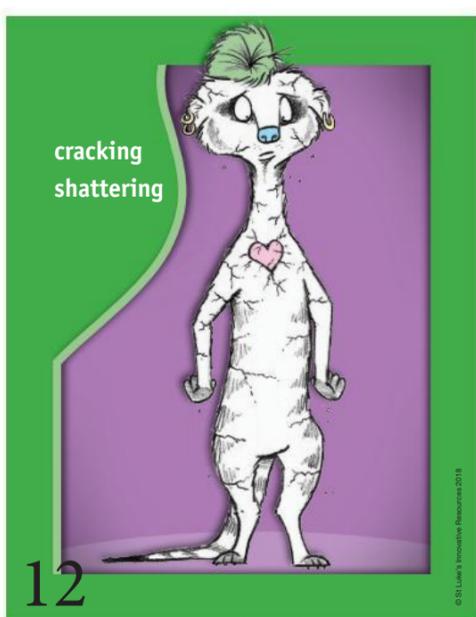
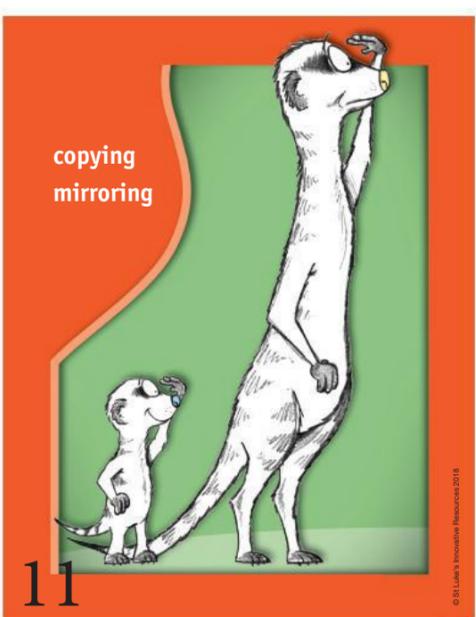
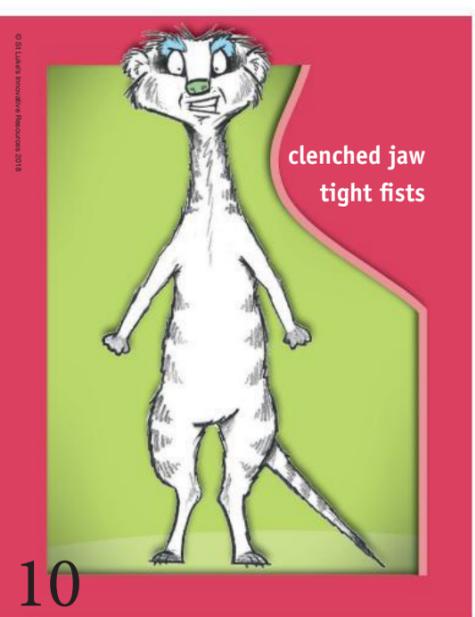
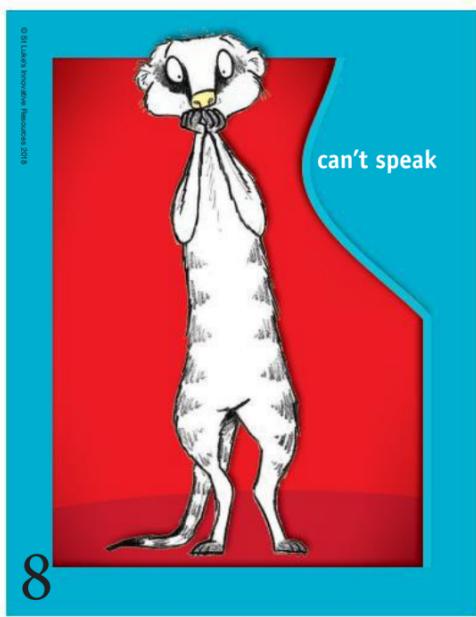
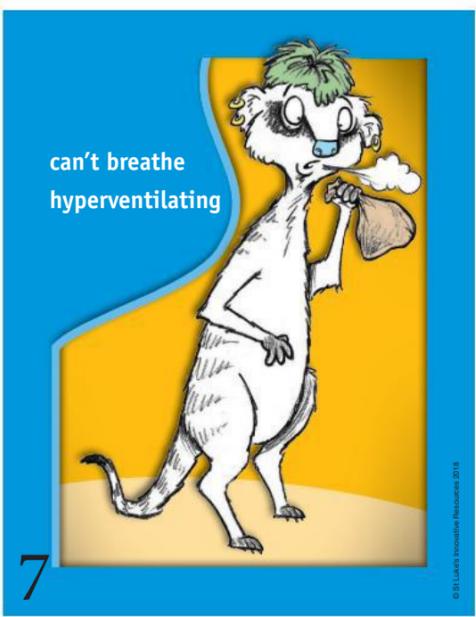
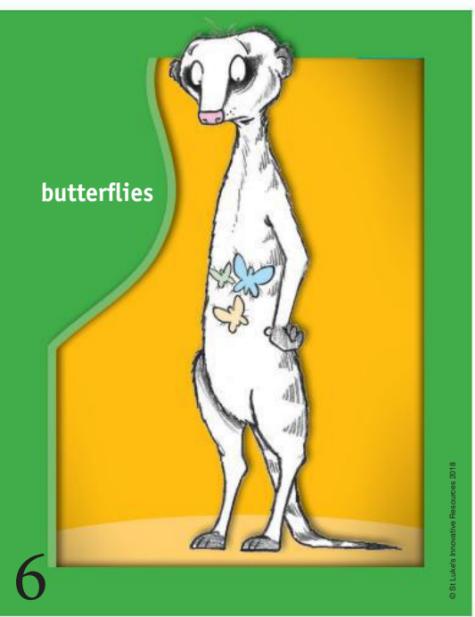
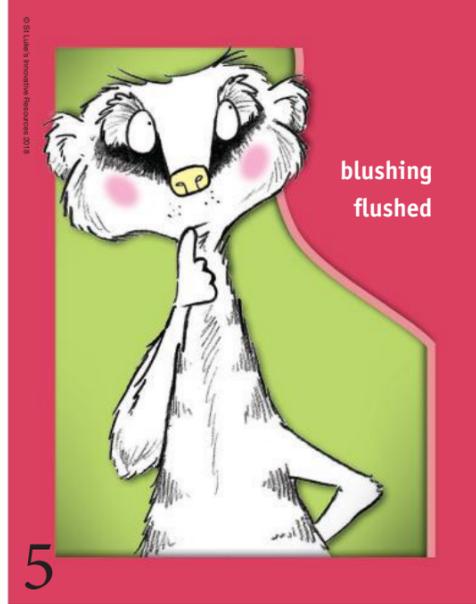
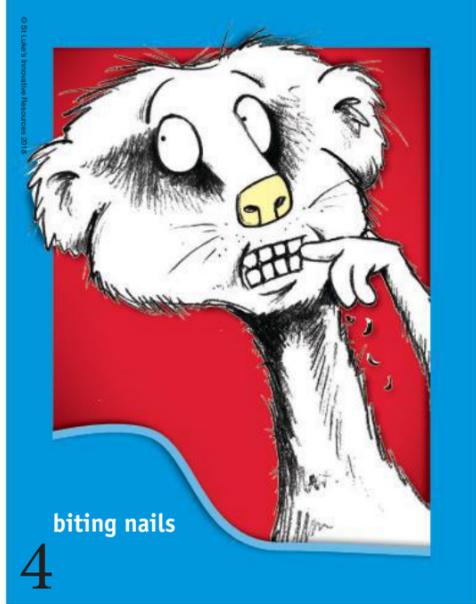
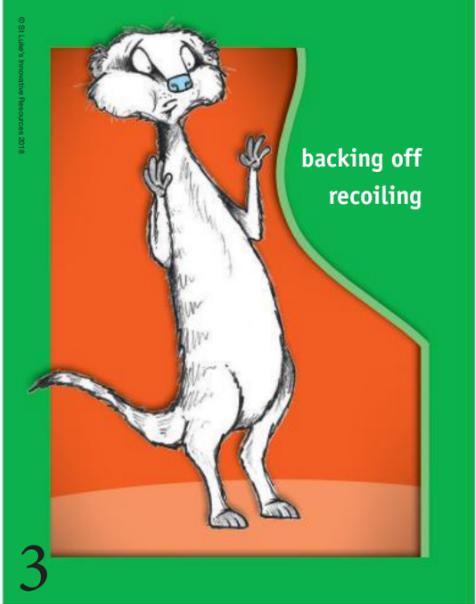
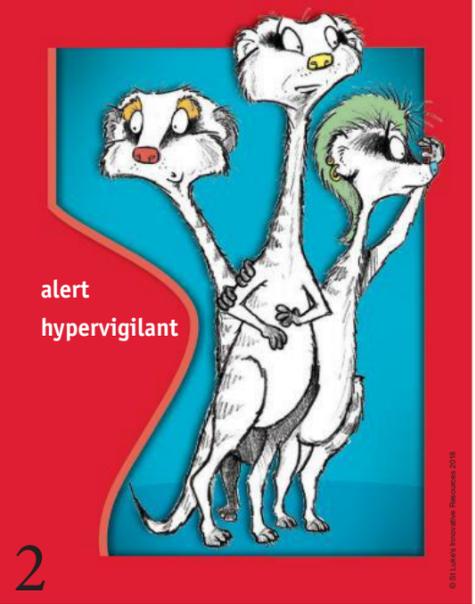




wetting  
soiling

yawning  
stretching



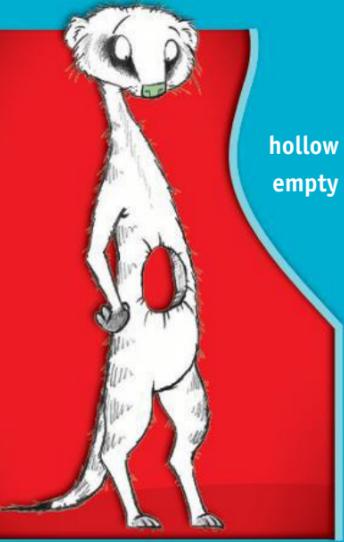


headache



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hollow empty



23

holding breath



24

heart pounding



25

hiding



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itching scratching



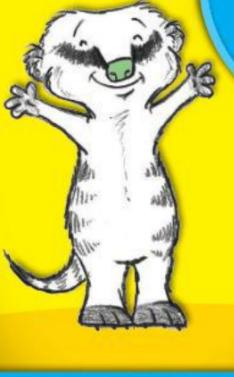
27

laughing



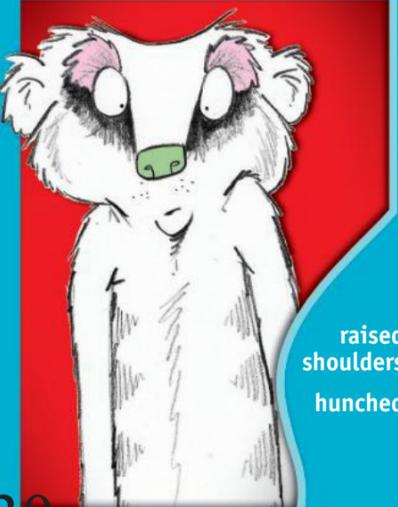
28

open



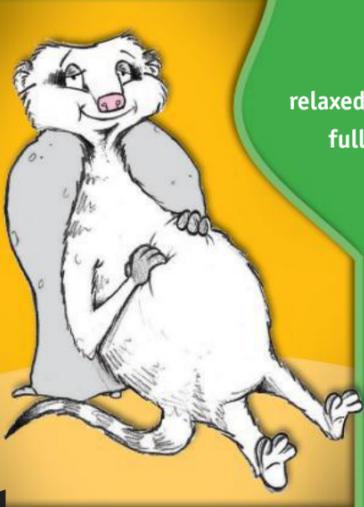
29

raised shoulders hunched



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relaxed full



31

running away fleeing



32

shaking agitated



33

shutting out covering ears



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smiling



35

sore tummy feeling sick



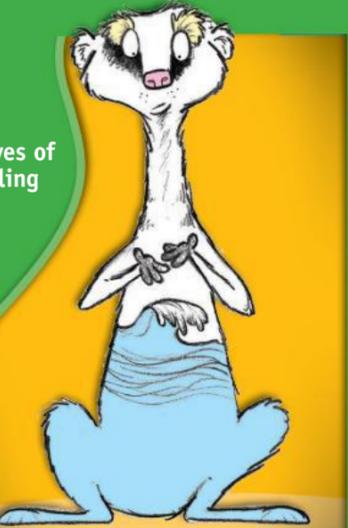
36

sweating



37

waves of feeling



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wide-eyed staring



39

wetting soiling



40

yawning stretching



41