

CPRI Brake Shop Clinic– Self Management

## How Do I Know My Beaker Is Filling? My Early Warning Signs

“Tic” the ones that sound like you. Put a star beside your *top 6* Early Warning Signs.

- eyebrows pulling together
- sigh of disgust
- grind teeth
- face turns red
- feel afraid that you might lose control
- funny feeling in stomach
- feel tense
- start sweating
- getting hyper – full of energy
- talking fast
- cry
- break things
- feel like hurting someone
- raise voice
- getting very quiet
- can't stop thinking about what is bothering you
- feel sad
- walking away
- chewing (fingernails, clothes)
- stop looking at people
- can't think clear

- more tics
- feel anxious
- starting to play roughly with things
- others you might notice:

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