Brain-Body Symptom Worksheet

Date of onset:

1. Heartburn, acid reflux _____
2. Abdominal pains _____
3. Irritable bowel syndrome _____
4. Tension headaches _____
5. Migraine headaches _____
6. Unexplained rashes _____
7. Anxiety and/or panic attacks_____
8. Depression _____
9. Obsessive-compulsive thoughts/behaviors _____
10. Eating disorders _____
11. Insomnia or trouble sleeping _____
12. Fibromyalgia _____
13. Back pain _____
14. Neck pain _____
15. Shoulder pain _____
16. Repetitive stress injury _____
17. Carpal tunnel syndrome _____
18. Chronic Regional Pain Syndrome (CRPS) or Reflex sympathetic dystrophy (RSD) _____
19. Temporomandibular joint syndrome (TMJ) _____
20. Chronic tendonitis _____
21. Facial pain _____
22. Numbness, tingling sensations _____
23. Fatigue Sx or chronic fatigue syndrome _____
24. Palpitations _____
25. Chest pain _____
26. Hyperventilation _____
27. Interstitial cystitis/spastic bladder (painful bladder syndrome) _____
28. Pelvic pain _____
29. Muscle tenderness _____
30. Postural orthostatic tachycardia syndrome (POTS) _____
31. Tinnitus _____
32. Dizziness _____
33. PTSD _____
34. Other _____

Other Details/Notes

Consider if there were any particularly stressful or traumatic events in your childhood or in the past. Describe any of the following: deaths, frequent moves, bullying, teasing, emotional or physical or even sexual abuse, changes in school situations, conflicts with teachers/bosses, or changes in family situations, divorce, a sick or dying child/parent, unemployment or hard work/financial situations, etc.?

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Once you have carefully and honestly reviewed the stresses in your life, you will likely begin to see patterns. You will be able to identify your "core issues," those issues that have been stored in your subconscious mind and that are most likely to trigger the onset of brain-body symptoms. Indicate which of the following patterns apply to you, or describe any other patterns that apply to you.

1. Loss and abandonment (losing a parent or sibling, divorce, moving) _____
2. Childhood adversity (physical, sexual, emotional abuse; never feeling loved or cared for) _____
3. Not fitting in, feeling ostracized (being teased, picked on; being shy, reserved; not popular, athletic) _____
4. Feeling pressure to succeed or be perfect (from parents, other family members, church or religious organizations, working environment, or self) _____
5. Feeling inferior to siblings or other relatives (not as beautiful, funny, athletic, interesting, accomplished) _____
6. Never feeling good enough, having to "earn" love from parents, feeling criticized much of the time _____
7. Resentment and/or anger towards family members, religious leaders, neighbors _____
8. Learning to be anxious, worried, or insecure _____
9. Identifying with one or several family members and trying to emulate them; trying to be different from one or several family members _____
10. Other patterns

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Personality Traits - These factors are commonly seen in people with brain-body symptoms.

1. Having low self-esteem _______
2. Being a perfectionist _______
3. Having high expectations of yourself _______
4. Wanting to be good and/or be liked _______
5. Frequently feeling guilt _______
6. Feeling dependent on others _______
7. Being conscientious _______
8. Being hard on yourself _______
9. Being overly responsible _______
10. Taking on responsibility for others _______
11. Often worrying _______
12. Having difficulty making decisions _______
13. Following rules strictly _______
14. Having difficulty letting go _______
15. Feeling cautious, shy, or reserved _______
16. Tend to hold thoughts/ feelings in _______
17. Tend to harbor rage or resentment _______
18. Not standing up for yourself _______

Brain-Body Symptoms (BBSx)	**Age / Season of Life**	**Potential triggering events**	**Emotions and unmet needs linked to BBSx (column 1)**