

IDENTIFYING BODY CLUES

PURPOSE

Using this activity in a group or one-on-one with your client can be effective in normalizing the physical symptoms associated with anxiety and helping your client develop awareness and understanding of their anxiety experience.

INSTRUCTIONS

- Use the outline provided or draw an outline of a body on flipchart paper.
- Identify the physical symptoms/body clues experienced when feeling anxious or worried.
- Draw a line from each body clue to the part of the body where the symptom occurs.

