

Relational	Emotional	Behavioral	Mental	Physical
Resentment	Anxiety	Overeating	Racing thoughts	Racing heart
Judgment	Overwhelm	Over-exercise	Negative thinking/Worry	Headaches
Lack of intimacy	Sense of pressure	Alcohol overuse	Trouble thinking clearly	Tight neck, jaw or shoulders
Distrust	Boredom	Skipping meals	Loss of sense of humor	Stomachache/ indigestion
Intolerance	Helplessness	Decreased exercise	Inability to make decisions	Sweaty palms
Avoidance	Easily upset		Inability to focus	Restless sleep
Lashing out at others	Anger			
Self-alienation	Loneliness or sadness			

Source: Benson-Henry Institute for Mind Body Medicine