

MBT Symptoms Checklist

Instructions:

Tick the symptoms you experience on an average stressful day.

1. Physical Signals (The Body)

These are signs that your body is in a state of high alert ("Fight, Flight, or Freeze").

- Neck / Shoulder tension
- Jaw tension
- Chest pain / tightness
- Shallow or rapid breathing
- Heart racing / Palpitations
- Headache / Migraine
- Stomach upset / Nausea / Vomiting / Diarrhoea
- Sweaty palms
- Trembling / Shaking
- Dizziness / Fainting

2. Mental Signals (The Process)

These are signs that your mind is running too fast or shutting down.

- **Racing thoughts** (Mind moving too fast)
- **Repetitive thoughts** (Looping on the same worry)
- **Crowded thoughts** (Too many thoughts at once)
- **Scattered thoughts** (Unable to hold onto one thought)
- **Sluggish thoughts** (Brain fog)
- **Going "blank"** (Sudden loss of thought)
- **Dissociation** (Feeling detached, losing time)
- **Poor concentration**
- **Hopelessness**
- **Irritability / Anger outbursts**

Reflection Questionnaire

1. The Cost of Performance

To perform well at work or study, how many of the symptoms above (at once) do you believe it is beneficial to ignore/endure?

[Number: _____]

2. The Tipping Point

At what number of symptoms (at once) do you believe enduring discomfort goes from being "disciplined" to damaging your performance?

[Number: _____]

3. The Double Standard

- For Others: How many symptoms (at once) would a friend need to have before you told them to stop, slow down, or take a break?

[Number: _____]

- For Yourself: How many symptoms (at once) do you currently tolerate in yourself before you allow yourself to stop, slow down, or take a break?

[Number: _____]