

SIGNS YOUR NERVOUS SYSTEM IS RUNNING THE SHOW

A Recognition Checklist

Check the signs you've noticed in yourself recently. No judgment — just awareness.

PHYSICAL SIGNS

- ☐ Jaw clenching or grinding
- ☐ Shallow breathing
- ☐ Shoulders up near ears
- ☐ Chest tightness
- ☐ Digestive issues
- ☐ Sleep disruption
- ☐ Fatigue despite rest
- ☐ Headaches or migraines
- ☐ Muscle tension
- ☐ Racing heart

EMOTIONAL SIGNS

- ☐ Irritability over small things
- ☐ Feeling overwhelmed
- ☐ Emotional numbness
- ☐ Anxiety without clear cause
- ☐ Crying easily
- ☐ Feeling disconnected
- ☐ Dread before normal tasks
- ☐ Difficulty feeling joy
- ☐ Sudden anger
- ☐ Persistent worry

BEHAVIORAL SIGNS

- ☐ Snapping at people you love
- ☐ Avoiding difficult conversations
- ☐ Unable to focus
- ☐ Forgetting things you know
- ☐ Overworking to feel in control
- ☐ Withdrawing from people
- ☐ Checking phone compulsively
- ☐ Difficulty making decisions
- ☐ Procrastinating important tasks
- ☐ Saying yes when you mean no

WHAT THIS MEANS

If you checked several boxes, it's not a character flaw. It's your nervous system. These signs indicate your body is spending energy on protection instead of performance. The good news: awareness is the first step. You can't regulate what you can't sense.

[Learn to shift your state with the S.T.A.T.E. Framework →](#)

"You're not broken. You're dysregulated."

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