

# 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."**