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Stress Mapping Exercise
Personal Red Flags (9-item checklist)

Instructions: Write three signs in each category. These are signals from your system — not weaknesses.

● **Physical signs**

Examples: headaches, heart racing, tension, insomnia

● **Behavioral signs**

Examples: nonstop working, irritability, procrastination, overchecking

● **Cognitive signs**

Examples: rumination, all-or-nothing thinking, catastrophizing

Comment STRESS for the Stress Mapping module details.