

THE COUPLES CURE

Miraculous Recovery for Couples on the Brink

Fear, Anger, and Sadness Checklist

Symptoms of Fear

- Nausea
- Tightness in stomach and chest
- Internal quivering, especially down the midline of the chest and stomach
- Damp or sweaty palms
- Dryness in mouth
- Narrow focus in eyes, tunnel vision
- Elevated heart rate
- Rapid rate of thought

Symptoms of Anger

- Tightness in shoulders and back of neck
- Headache, especially in back of head and neck
- Tight or sore jaw muscles
- Clenching jaws, or night time grinding of teeth
- Crawling or itching sensations in upper back, shoulders, arms
- Outbursts at inappropriate times
- Picking at fingernails

Symptoms of Sadness

- Constricted sensation in chest
- Dull heavy or numb sensation in chest
- Pain along breastbone when you press it
- Thoughts that dwell on the negative
- Difficulty in waking up and getting out of bed in the morning
- Congestion in sinus and chest that lasts longer than usual
- Thinking of losses, recent and long ago.