

# EMOTIONAL WARNING SIGNS

## Janet's Warning Signs

- Avoiding my email
- Not calling or texting my friends
- Waking up in the middle of the night, playing scenes over and over again in my head
- Only taking walks by myself or with my dog
- Taking very quick showers, not allowing myself to enjoy a few more minutes of relaxation under the hot water
- Experiencing headaches
- Experiencing constricted throat or stomach pain
- Experiencing shoulder pain (I store all my tension in my shoulders)
- Wanting to eat only junk food
- Not wanting to cook
- Snapping at my kids (seriously, though, the socks and shoes, just put them away!)
- Avoiding writing this book by watching funny animal videos on Facebook or Insta
- Consuming alcohol (not so much anymore, but definitely historically)

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## Your Warning Signs

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