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| **Self – deprecating Thoughts** | **Worrying** |
| **Task Irrelevant Thoughts** | **Shortness of Breath** |
| **Numbness** | **Sweating** |
| **Butterflies in Tummy** | **Faster Heart Rate** |
| **Feeling Sick** | **Increased Blood Pressure** |
| **Blushing** | **Cold Hands** |
| **Foot Tapping** | **Blinking Hard** |
| **Stammering** | **Lack of Eye Contact** |
| **Fidgeting** | **Cards For Card Sorting Task on Anxiety Responses** |