

HANDOUT 5-8 PFAT Self-Scan Checklist

Physical	Heart rate? Dry mouth? Sweaty palms? Clenched teeth?
Feeling	Anxious? Tense? Angry? Defensive? Attacked? Worried? Scared? Challenged?
Appearance	Lunging forward? Glaring? Avoiding? Yelling? Hesitant? Stammering? Sheepish?
Thinking	Defending my position? Discrediting others? Redeeming myself?