

EXERCISE

Try to remember three times when your health was below par. What was going on in your life during each of these three time periods? Please list each situation, along with the physical symptoms you suffered. Don't worry if these situations are the same ones that came up in the last section, or if all three caused the same symptoms. Repetition is welcome in this game.

Situation No. 1: _____ Symptoms: _____

Situation No. 2: _____ Symptoms: _____

Situation No. 3: _____ Symptoms: _____

Circle the *worst* symptom.