

BBH Shake-Hold Worksheet

Anxiety and body shaking · Lived practice. Not medical advice.

Safety

First seizure-like event, faintness, one-sided weakness, or spreading chest pressure: stop. Call 911 / 999 / 000 / 112.

Thyroid, B12, iron, and sugar still belong with a clinician. This sheet does not diagnose.

Date / time

Already checked

thyroid / B12 / iron / none yet

1. What piled up today?

Work, relationship, walk-away-and-deal-later, no sleep, caffeine, empty stomach

2. Where did the body hold?

Hands Jaw Legs Inner earthquake Chest hum Other:

3. Sentence the mind wrote

Seizure / heart / I am breaking / thyroid again / other

4. One fuel to cut next (not twenty)

5. Two-minute brake

Sit. Unclench jaw. Eyes off hands. Inhale 4. Exhale 6–8. Two minutes.

After two minutes: Same Softer Worse I need help now

6. Name the attachment (one line)

Need / control / karma I am meeting / maya I am believing / I will deal later