

|                    |                    |                      |                   |                        |
|--------------------|--------------------|----------------------|-------------------|------------------------|
| under<br>eating    | anxiety            | indecisiveness       | overeating        | moodiness              |
| fear               | teeth<br>grinding  | negative<br>thoughts | constipation      | skin<br>breakouts      |
| weight<br>gain     | depression         | <b>FREE</b>          | isolating<br>self | loss of<br>objectivity |
| rapid<br>heartbeat | memory<br>problems | over<br>sleeping     | insomnia          | nausea                 |
| diarrhea           | poor<br>judgement  | frequent<br>colds    | weight<br>loss    | headache               |

|                |                     |                |                   |                |
|----------------|---------------------|----------------|-------------------|----------------|
| weight gain    | weight loss         | constipation   | memory problems   | fear           |
| overeating     | loss of objectivity | indecisiveness | nausea            | depression     |
| isolating self | anxiety             | <b>FREE</b>    | insomnia          | over sleeping  |
| headache       | under eating        | frequent colds | rapid heartbeat   | diarrhea       |
| moodiness      | irritability        | skin breakouts | negative thoughts | teeth grinding |

|                    |                      |                        |                    |                   |
|--------------------|----------------------|------------------------|--------------------|-------------------|
| rapid<br>heartbeat | insomnia             | weight<br>gain         | headache           | overeating        |
| poor<br>judgement  | skin<br>breakouts    | weight<br>loss         | memory<br>problems | depression        |
| over<br>sleeping   | constipation         | <b>FREE</b>            | isolating<br>self  | indecisiveness    |
| irritability       | moodiness            | diarrhea               | anxiety            | under<br>eating   |
| teeth<br>grinding  | negative<br>thoughts | loss of<br>objectivity | nausea             | frequent<br>colds |