

MIND • BODY • FOOD

NOTICE THE PATTERN

My Digestive Detective

Look for repeated digestive patterns without blaming one food after one event

Digestive symptoms can be influenced by food, portion size, stress, illness, medication, eating speed, menstrual or hormonal changes and many other factors. A brief record can support a clearer conversation with a clinician.

Space to Breathe Therapy

Why noticing patterns can help

Digestive symptoms can be influenced by food, portion size, stress, illness, medication, eating speed, menstrual or hormonal changes and many other factors. A brief record can support a clearer conversation with a clinician.

What this exercise can offer

- A record made close to the moment, rather than relying on memory alone.
- A way to notice repetition, variation and exceptions across several days.
- Useful information for choosing practical support or discussing concerns with a professional.

Observe without judging

The tracker is not a test and does not need perfect numbers. Approximate ratings and short notes are enough. Patterns are clues for reflection, not proof of cause.

How to use this tracker

- 1 Record symptoms such as bloating, pain, gas, nausea, reflux or bowel changes.
- 2 Include timing and relevant context.
- 3 Look for repetition across several occasions rather than a single event.
- 4 Take persistent or concerning patterns to an appropriate professional.

When you look back

Ask what tends to happen together, what is different on easier days, and where a small adjustment or extra support might help. Keep alternative explanations in mind and avoid changing several things at once if you want to understand a pattern.

Your pattern tracker

Symptom and intensity

Time it began

What and when I ate

Stress 0 to 10

Medication or illness changes

Anything else happening

Important context

Seek urgent medical help for severe pain, vomiting blood, black stools, fainting, or other acute concerning symptoms.