

# UNDERSTANDING EMOTIONS THROUGH SENSATIONS

1. Choose the emotion you want to explore.

I FEEL \_\_\_\_\_



2. When you felt this, what sensations did you feel in your *body* and *where* in your body did you feel them?

For example: Did your hands shake? Did your eyes burn or throat close up? Did your shoulders get tight? Did it affect your chest, your stomach, your arms, legs, feet, or hands?

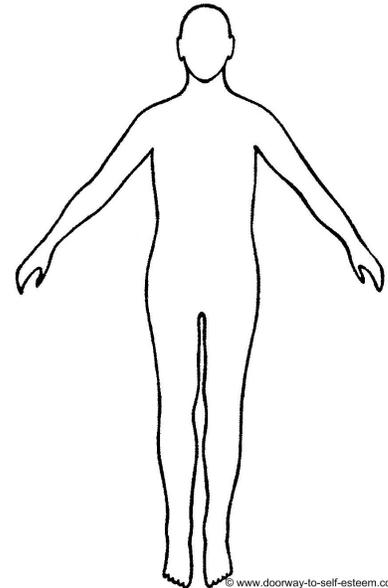
Describe your sensations here: \_\_\_\_\_

Below are some examples of words that could describe a feeling-sensation. You can choose one of these if it fits, or choose a word of your own.

hot	cold	floaty	sharp	dull	heavy
burning	tight	light	wide	deep	small

3. Colour in the figure to show which parts of your body were affected by your emotions.

If you feel it 'big', make a big colour splash, if you feel it 'small' make a small mark wherever you feel it. If you think you 'did not feel anything' try to mark the place on the figure where you felt that. Even feeling 'nothing' is 'something'.



4. What did these sensations make you want to do?

\_\_\_\_\_

5. What can you tell that part of yourself (in words) that might help relieve the feeling?

\_\_\_\_\_

6. Turn this into an affirmation you can repeat to yourself whenever you feel this feeling.

\_\_\_\_\_

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### **Letting it Go**

Paying attention to emotions is good, because it can help you be more self-aware.

But dwelling on emotions *too much* might not be so good. You need to be able to keep a good balance between the two.

Give emotions just enough attention for you to know what is going on. But not so much that you get stuck brooding over them, or that you forget everything else of importance.

Now that you've spent some time thinking about your emotions, do something practical if you want to take your mind off them again.

### **Some examples of practical things you could do:**

- Chat to a friend
- Make a sandwich
- Draw a picture
- Play ball
- Go for a walk
- Write a letter
- Play a musical instrument
- Bake
- Tidy your desk
- Do some work