

## UNDERSTANDING EMOTIONS THROUGH THE SENSE OF SMELL



1. Choose the emotion you want to explore.

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

2. What fragrances or smells do you associate with this emotion?

My feeling smells like:

\_\_\_\_\_

3. What words would you use to describe these smells?

*Here are some examples to get you thinking, choose from the list or add your own:*

Delicate Musty Fresh Sharp Fragrant Metallic Heavy Woody Aromatic Earthy

\_\_\_\_\_

\_\_\_\_\_

4. What thoughts / things do you associate with these smells in particular? Try to list something for each smell. Add in any other emotions or sense-impressions that you associate with those thoughts / things.

*Here's an example: musty - exercise gear - fatigue, effort, strain*

\_\_\_\_\_

\_\_\_\_\_

5. Do these smells bring up any specific memories or remind you of any particular time(s) of your life? (Describe briefly by jotting down some key words)

\_\_\_\_\_

\_\_\_\_\_

9. What have you learnt from this exercise?

\_\_\_\_\_

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### Note About Letting it Go

Paying attention to emotions is helpful, because it can help you understand yourself and your reactions better.

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.

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

Examples of practical things to do:

- Chat to a friend
- Care for a pet
- Make a sandwich
- Draw a picture
- Play ball
- Go for a walk amongst trees
- Have lunch
- Tend to a plant
- Listen to music
- Bake
- Tidy your desk
- Do some work
- Take a shower
- Read a book