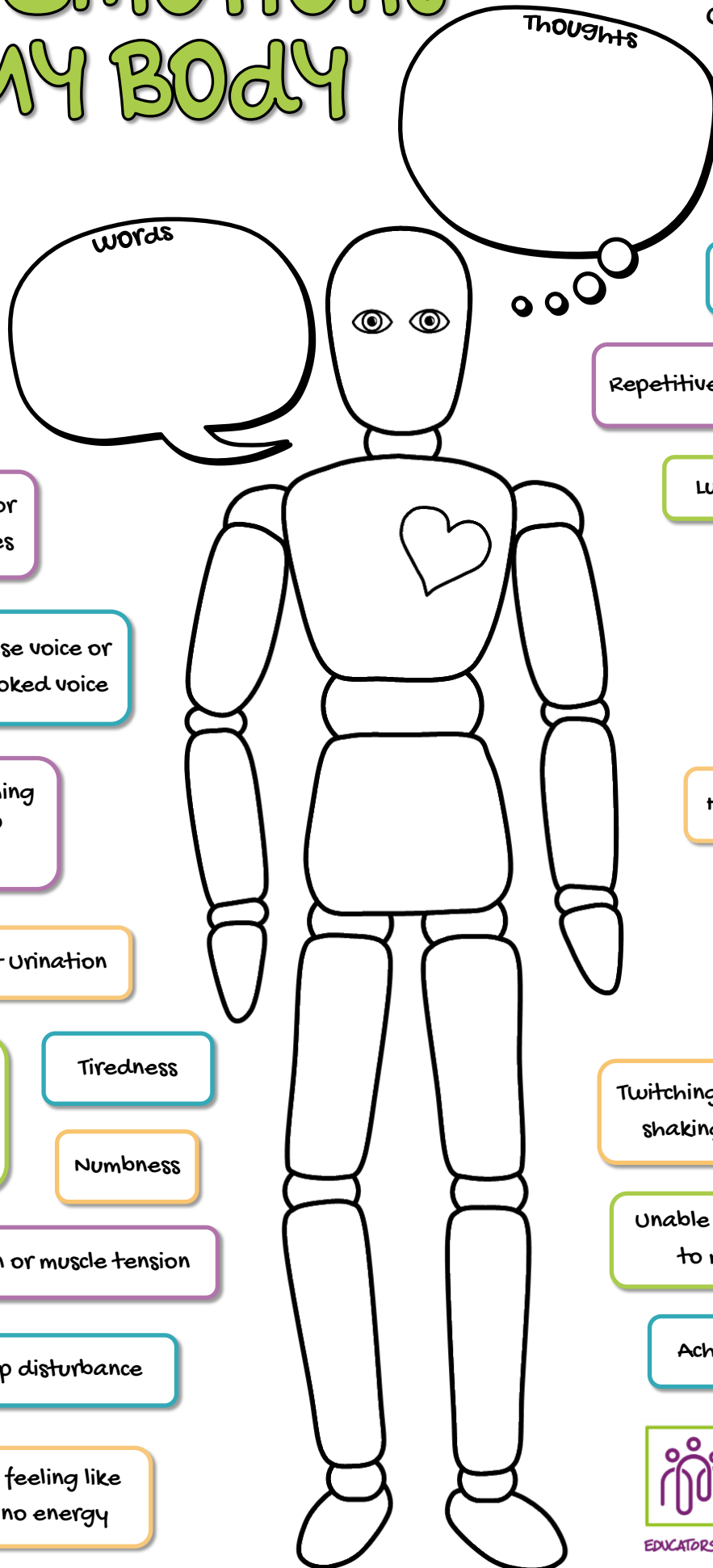


MY EMOTIONS & MY BODY

What sensations do you notice in your body connected to emotions?



Hot or cold

Red face

Headache

Dizziness

Repetitive or racing thoughts

Sore eyes, or tears in eyes

Lump in throat

Loud & tense voice or quiet & choked voice

Shortness of breath or can't breathe

Rapid breathing or shallow breathing

Heart racing

Frequent Urination

Jelly legs or wobbly-weak legs

Indigestion or bowel problems

Tiredness

Twitching or shaking

Hands in fists

Numbness

Muscle pain or muscle tension

Unable to sit still, needing to move or escape

Sleep disturbance

Achy or sore-areas

Lethargic - feeling like you have no energy

