



THE EMBODIED SELF

The Emotion in My Body

Learning to feel, locate, and befriend emotional experience

Emotions do not live in the mind. They live in the body — as sensation, movement, pressure, temperature. This worksheet helps you find the emotion where it actually lives.

Part 1 — The Body Map

Think of an emotion you have been carrying recently — or one that is present right now. Using the grid below, describe what you notice in each area of the body. You don't need to have sensations in every area — just notice what is present.

Head & Mind	Throat & Jaw	Shoulders
Chest & Heart	Belly	Lower Back
Hips & Pelvis	Legs	Hands & Feet

Part 2 — Describing the Sensation

Pick the area of the body where you feel the emotion most strongly. Use the questions below to describe it as precisely as possible.

Which area of the body holds this emotion most strongly?

Circle or note the qualities that fit:

<input type="checkbox"/> Tight / Constricted	<input type="checkbox"/> Open / Expansive
<input type="checkbox"/> Heavy / Dense	<input type="checkbox"/> Light / Airy
<input type="checkbox"/> Hot / Burning	<input type="checkbox"/> Cold / Icy
<input type="checkbox"/> Tingling / Buzzing	<input type="checkbox"/> Numb / Absent
<input type="checkbox"/> Sharp / Stabbing	<input type="checkbox"/> Dull / Aching
<input type="checkbox"/> Pulsing / Throbbing	<input type="checkbox"/> Spinning / Moving
<input type="checkbox"/> Knotted / Twisted	<input type="checkbox"/> Smooth / Flowing
<input type="checkbox"/> Hollow / Empty	<input type="checkbox"/> Full / Pressured

If this sensation had a colour, what would it be? A shape? A texture? A temperature?

If this sensation could speak – what would it most want to say?

Part 3 – Bringing Curiosity

Often we have learned to push emotions away, fight them, or be overwhelmed by them. This section practises a third option: curious presence.

What would change if, instead of fighting this sensation or being consumed by it, you simply sat beside it with curiosity for a few minutes?

What does this emotion need from you right now? (Sometimes the answer is: to be seen. To be given space. To be allowed to move.)

Part 4 — After Exploration

Take three slow breaths. Return your awareness to the whole body. Then answer:

What has shifted, if anything, since you began this worksheet?

One thing I want to carry with me from this exploration:
