

Allowing an Emotion

Optional: Describe what led up to doing this worksheet- example- I got home from work and found myself looking in all the cabinets and the refrigerator for something, anything, to eat.

1 Name the emotion:

2 What does it feel like in your body? Do not use emotion words here. Describe the physical sensation in your body- tingling, tightness, squeezing, expansion, butterflies, numbness, hot, cold, etc

Hands:

Feet:

Face:

Stomach:

Chest:

Arms:

Legs:

Other:

3 Sit with it for a few minutes. You can set your timer to 2 minutes at first. You can literally sit in a chair and pay attention to it, or you can walk around a little bit. Tune in to what this emotion feels like in your own body and become familiar with it.