

Where Your Emotions Are Felt Activity

DIRECTIONS: Take five deep breaths. Try to do this activity when you are physically comfortable. Read the list of emotions in the table below. After each emotion, see if you can identify the place in/on the body where you might feel it. Many people find it helpful to touch the body part. Write down the area you touched. The first two feelings are provided as an example.

Feeling	Where is it felt in your body?	Feeling	Where is it felt in your body?
<i>Afraid</i>	Chest	<i>Affectionate</i>	Heart Area
<i>Annoyed</i>		<i>Engaged</i>	
<i>Angry</i>		<i>Hopeful</i>	
<i>Aversion</i>		<i>Confident</i>	
<i>Confused</i>		<i>Excited</i>	
<i>Disconnected</i>		<i>Grateful</i>	
<i>Disquieted</i>		<i>Inspired</i>	
<i>Embarrassed</i>		<i>Joyful</i>	
<i>Fatigued</i>		<i>Exhilarated</i>	
<i>Pain</i>		<i>Peaceful</i>	
<i>Sad</i>		<i>Refreshed</i>	
<i>Tense</i>			
<i>Vulnerable</i>			
<i>Yearning</i>			