

Identifying Emotions in Your Body

Directions

Think of an emotion you feel often, that you have felt this week, or that you are feeling right now. Then, answer the questions below.

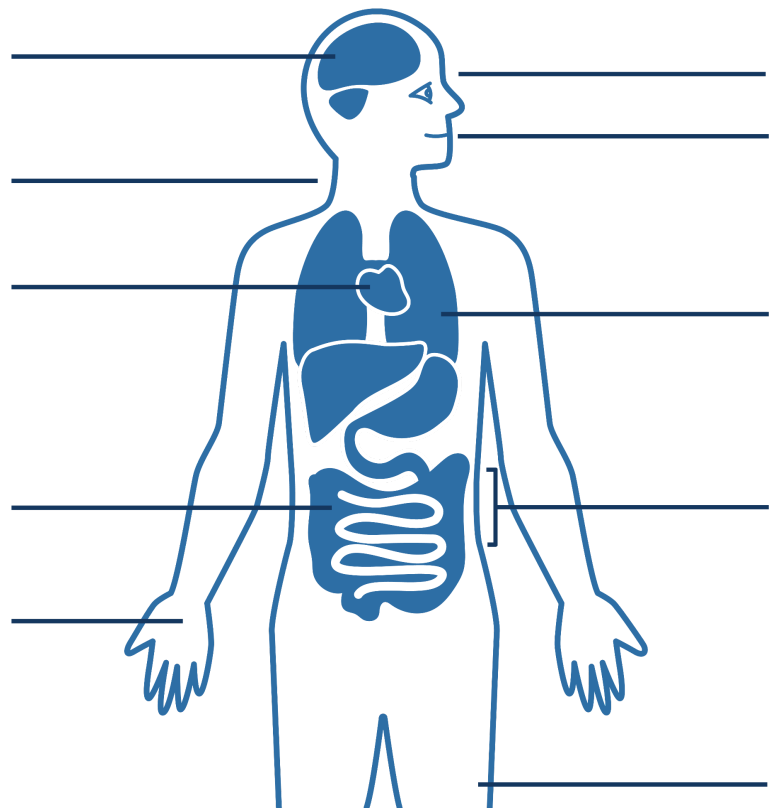
What is the emotion?

What made you feel this way?

**What was the intensity of the emotion?
How do you know?**

Where in your body did you feel it?
Mark areas on the chart to the right.
Be as specific as you can!

**Where might another person feel
the same emotion?**
Mark areas on the chart to the right
using a different color.



Identifying Emotions in your Body — Journal Activity

Journal prompt: Describe a time when an event caused you to have an emotional response with an intensity level between 2-6 out of 10. Think about how you experienced the emotion in your body and how you reacted. Do you think you expressed your emotion in a healthy way?