EMBODIED EMOTION WORKSHEET

***Emotional Awareness and Regulation***

**Describe the sensation you are feeling in your body**

(temperature, pressure, discomfort, etc.)

**Identify the emotion(s) you are actually feeling**(after you initially identify the emotion, ask yourself if it could be something else too/instead)

**Welcome that emotion**(knowing that your emotion is there to support you, express acceptance for its presence)

**Get curious**

(what is the information/message this information is trying to send you? how is that different?)

**Remember you’ve been here before**(when have you felt similar emotions and sensations and handled it well? when have you felt similar and not?)

**Create a best story for expression**(if you were to pay attention to your body and listen to the emotions’ message, what is the best possible story for it’s expression?)  
  
  
**Imagine choosing that best story for yourself**(see, hear and feel yourself moving through that expression. what is that like?)

**Take action**(do the first right thing right away)