

Somatic Expression of Emotions Worksheet

	Temperature	Expansions	Contractions	Weight	Action Tendencies
Happy					
Sad					
Angry					
Jealous					
Scared					
Content					
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Suggestions: You can use this worksheet to help discover the way you physically experience your feelings. When you notice that you're happy, scan your body and try to sense whether you feel any temperature changes (warmth, coolness), changes in muscular expression (tensing, relaxing, twisting, expanding), changes in weight (lighter, heavier), and actions tendencies (urge to make fists, to jump up, to run, to kick, to curl up, to shout). There's room to add other emotions you experience. As you gain greater awareness of how you do your emotions and will be able to learn how to change them.