

Adapted from the work on Pat Ogden.

Feeling into our Bodies

Feeling an emotion is an experience that happens both in our bodies and in our minds. Being able to be aware of and recognize how emotions affect our bodies is a helpful skill for mental health and wellness. It can help us be more aware of emotions and, thus, less likely for our emotions to be the ones dictating our actions and reactions without reflection from our logical brains. It can also help us feel more in control of our emotions – like they are something we can experience without drowning in them and without feeling like they may never end. Here are some phrases that can help us identify and describe our bodily responses to our emotions and experiences:

What part of your body are you noticing sensations in?

- Chest
- Shoulders
- Jaw
- Face
- Neck
- Head
- Back
- Arms
- Legs
- Hands
- Feet
- Other

What sensations do you notice?

- Lightness
- Openness
- Relaxed
- Calm
- Loose
- Airy
- Tightness
- Pressure
- Heavy
- Weight
- Paralyzed
- Stuck
- Blocked
- Frozen
- Congestion
- Constriction
- Breathless
- Suffocating
- Cold
- Warmth
- Heat
- Flushed
- Burning
- Chills
- Sweaty
- Clammy
- Shivery
- Faint
- Numb
- Rising
- Nauseous
- Sharp
- Throbbing
- Tingling
- Tremble
- Radiating
- Shudder
- Shaky
- Pounding
- Pulsing
- Itch
- Vibrating
- Shudder
- Flutter
- Quivery
- Prickly
- Dizzy