

Feelings Blueprint: Self-Assessment

Feelings are somatic experiences that happen in our bodies. (INSIDE)
Emotions are the outward expression of a feeling. (from Latin, movere=move,
e=out) (OUTSIDE)

Somatic Awareness

Take a moment and ask yourself, "What does it feel like in my body when I experience _____?"

Where do you feel it? What is it doing? Is there movement? What is the story your mind tells you about this sensation?

Joy _____

Sadness _____

Fear _____

Anxiety _____

Excitement _____

Anger _____

Passion _____

Other prevalent feeling(s) in your life:

What does it feel like in your body when you are activated/triggered?

What does it feel like in your body when you are calm/centered/grounded?

Judgment & Resistance

What feeling or emotion would you do almost anything to avoid experiencing?

What feeling or emotion do you prefer to experience, as much and as often as possible?

Family Patterns

How did your childhood caregivers model experiencing and expressing _____? Was there a judgment or story about _____? If so, what was it?

Joy _____

Sadness _____

Fear _____

Anxiety _____

Excitement _____

Anger _____

Passion _____

How did your childhood caregivers react to you when you expressed each feeling, as a child?

Joy _____

Sadness _____

Fear _____

Anxiety _____

Excitement _____

Anger _____

Passion _____
