



Connecting the Body with Emotions

Connecting the Body with Emotions worksheet is designed to help the client connect their physical actions and reactions with emotions. Have the client describe a memory or situation that was upsetting. Then have the client color in the body next to it using a color that indicates how and what their body feels when it's in "fight or flight" mode.

Next, ask the client to describe a physical activity(s) that would help them release the tension from the upsetting memories. (For example: I feel anger in my face and want to yell, so I could scream into my pillow.) Have them color the second body picture to indicate how their body feels when engaged in the positive physical activity.

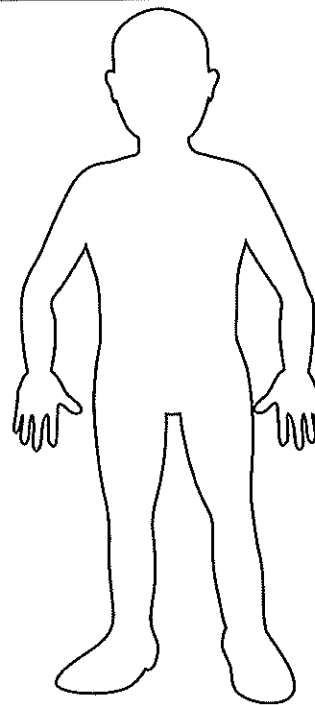


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Negative

Thoughts/Feelings:

Emotions Experienced:



Positive

Physical Activity:

Emotions Experienced:

