



Where Does This Live in My Body?

Map emotion through sensation

Feelings often arrive as sensations before they become words. Use a simple outline of a body - draw your own or trace around a figure - then add colour, marks or symbols wherever you notice emotion.

The emotion I am exploring

Colour or symbol I want to use

Where it begins and where it spreads

What the sensation feels like: tight, warm, heavy, buzzing, numb...

What changes when I breathe or move gently?

What this part of my body may need
