



Emotions in Motion

Notice the energy, message and need beneath a feeling

Feelings can rise, soften, overlap and change. Choose a feeling family, then explore its intensity and what it may be signalling. There is no wrong answer.

Joy

low: content • high: delighted

Trust

low: open • high: deeply safe

Fear

low: uneasy • high: terrified

Surprise

low: curious • high: stunned

Sadness

low: tender • high: despairing

Disgust

low: uncomfortable • high: repelled

Anger

low: annoyed • high: enraged

Anticipation

low: interested • high: highly alert

My strongest feeling and its intensity from 1 to 10

What changed just before it arrived?

The need, boundary or care this feeling may point toward
