



Exercise: Identify emotions in your body

Goal

You will learn to identify physical events related to your emotions.

Instructions

- In as much detail as possible, write about where you feel different emotions in your body.
- Also describe if the emotion starts in one physical place and ends in another (for example, from the shoulders to the back of your head).

Once you've noticed the body part where you feel anxiety, you can practise dealing with the sensation in your body and subsequently also your anxiety.

Anxiety causes muscle tension -> when you are more aware of this, you can do relaxation exercises to reduce the anxiety.

Anxiety makes it difficult to breathe -> when you are more aware of this, you can do breathing exercises to reduce the anxiety.

Example

"Anxiety starts with a constricting feeling in my throat. After a while, I feel it as a hollow and persistent pain in my stomach."

Where I feel emotions in my body