

Worksheet 20.1: Recognising how our emotions show themselves in the body

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Emotion	What was happening when I experienced this emotion? What triggered the emotion?	Where did I notice this feeling in my body?	What did my body want to do when I felt like this?
Anger			
Anxiety			
Sadness			
Disgust			
Shame			
Guilt			
Pride			
Joy			
Contentment			