



EXERCISE: Mapping Your Emotions

In this exercise, we will explore the connection between your emotions and your physical sensations over the course of one week. By mapping out your emotional journey, you can gain valuable insights into how your emotions manifest in your body and how they fluctuate throughout the week.

Materials needed:

- Three outlines of different postures/bodies (you can draw or print them)
- Pen or pencil

Instructions:

1. Take a few moments to reflect on your emotions and how they have been influencing your daily life.
2. Use the outlines provided to draw three representations of yourself in different postures or body positions. Label them as Monday, Wednesday and Friday.
3. On each outline, write down the emotions you have experienced during that day of the week. Be as specific as possible, using words like happiness, sadness, anger, anxiety, etc.
4. Next, identify where in your body you have felt these emotions. For example, if you felt anxiety in your chest, write 'anxiety' and draw an arrow pointing towards your chest.

5. Circle the days of the week that correspond to each emotion you experienced.
6. Once you have completed all three outlines, take a moment to observe and reflect on the patterns that emerge. Are there specific emotions that tend to occur on certain days of the week? Do you notice any consistent physical sensations associated with particular emotions?
7. Consider what these patterns might mean for you. Are there any insights you can gain about how your emotions and physical sensations are interconnected?
8. Finally, if you feel comfortable, take some time to journal about your findings and any thoughts or emotions that arise during this exercise.

Make some notes on your reflections below:
