

What Does Your Body Know?

Where do you feel this information in your body?

Where's any chronic pain/illness located?

Where do you feel?

(circle applicable emotions)

fear disappointment futility

anxiety rage failure

depression impatience

denial sadness irritability

repression panic indecision

apathy overwhelm

what else?

Fill in the Body



Illustrate where pain, irritation or feelings live in your body, with a crayon? some nice colored pencils? blow torch?

Can you identify any parallels between your body's burdens and your *emotional* pain.

