

## Mapping Emotions

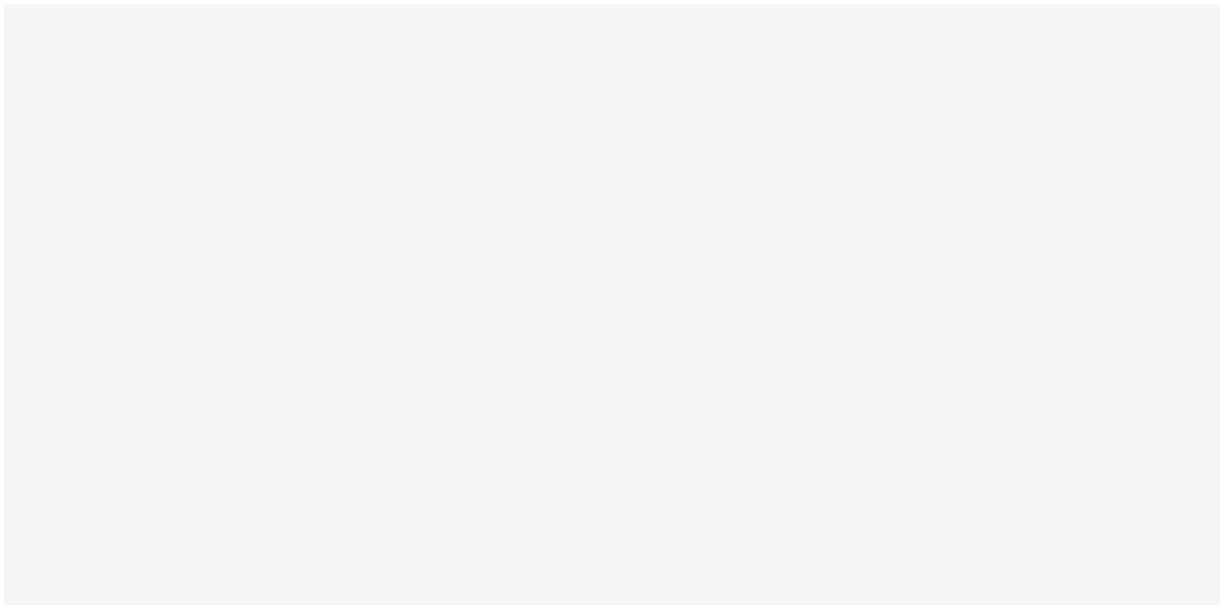
“Emotions have both a mental and a physical component” (Chen, 2019, p. 34). Recognizing them can be the path towards self-acceptance and self-compassion.

Use this worksheet to direct attention to bodily experiences of emotion to reach a greater acceptance of feelings.

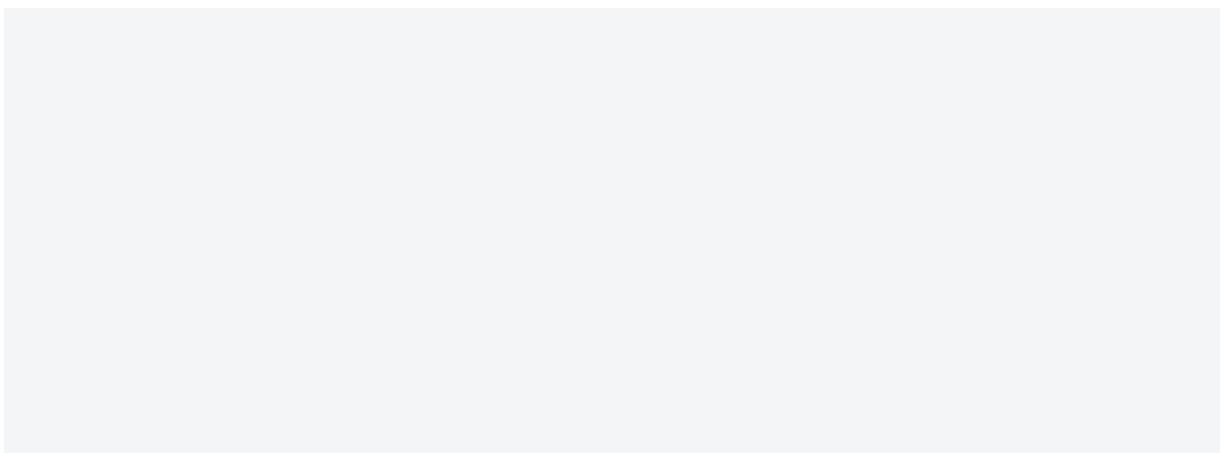
Complete the following:

Think of the last time you were angry with someone you cared about and how it felt physically.

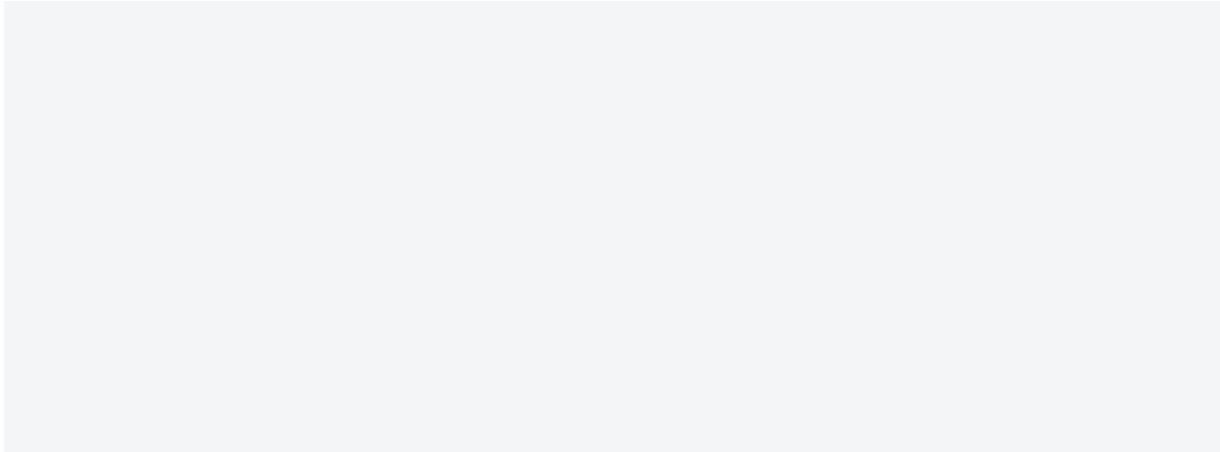
**What was the situation, and who were you angry with?**



**Where did you feel the emotion in your body? For example, shoulders, chest, stomach, etc.**



Think of a shape or color that best reflects that feeling. For example, a heavy red ball in my stomach.



With your eyes closed, think back to that time and your feelings with curiosity and self-compassion. Accept that such feelings happen but that you remain in control.

Try and imagine the shape or object slowly dissolving, all color and weight leaving.

## References

- Chen, A. (2019). *The attachment theory workbook: Powerful tools to promote understanding, increase stability & build lasting relationships*. Emeryville, CA: Althea Press.

Dr. Jeremy Sutton