



Feelings and Your Physical Reactions

For every emotion that we have, we have physical reactions (biofeedback) that can let us know we are having a feeling. Those physical signs change with the intensity of the feeling. For each category below, please write out what physical signs you have, keeping in mind the changes in those physical signs depending on the intensity of the feeling on a scale from 1 to 10, 1 being the least amount of the feeling and 10 being in the most intense amount of that emotion.

Love: 1 – 3: _____

4 – 7: _____

8 – 10: _____

Joy: 1 – 3: _____

4 – 7: _____

8 – 10: _____

Anger: 1 – 3: _____

4 – 7: _____



8 – 10: _____

Sadness: 1 – 3: _____

4 – 7: _____

8 – 10: _____

Fear: 1 – 3: _____

4 – 7: _____

8 – 10: _____

Other physical signs of feelings not already written down: _____
