



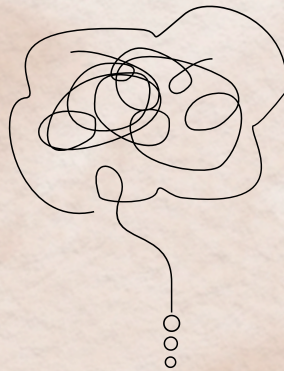
NIKKI LUU LCSW

Getting to Know Your Emotions

a jumpstart guide to help you recognize your emotions

Acknowledging Emotions

Have you ever been told “don’t be so emotional” or felt that expressing your emotions would bother people around you? If your answer is yes, know it’s not an uncommon occurrence! When we are told repeatedly that our emotions are “too much” or that we shouldn’t be experiencing them, we learn to ignore these emotions and don’t process them fully because it is difficult to even know what we are feeling. This may lead to verbal or physical outbursts, shutting down, poor communication, and physical discomfort (i.e. headaches, restlessness, stomach aches).



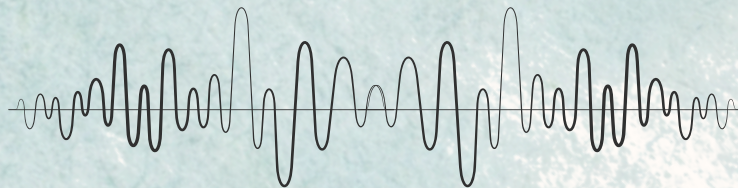
When we can identify, acknowledge, and make space for our emotions, we are able to begin processing what’s happening in ourselves and move a step closer to finding peace and healing.



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Emotions + The Body

Our bodies are great at sending us signals when something in us is calling for attention. Think about when you're feeling sick; your body reacts by sending you chills, increases your temperature, gets nauseous, and feels fatigued.



Emotions are the body's way of sending us information. If you're doing something you love, you may feel happiness and joy. If there is something unfair happening to you, you may feel anger or confusion. If you lose someone or something special to you, you may feel sadness and grief. If you're about to do something you've never done before, you may feel anxiousness or excitement. These emotions can show up both externally and internally, such as smiling, isolating yourself, crying, racing heart, butterflies in the stomach, tense shoulders, headaches, and even fidgeting or rhythmic tapping.

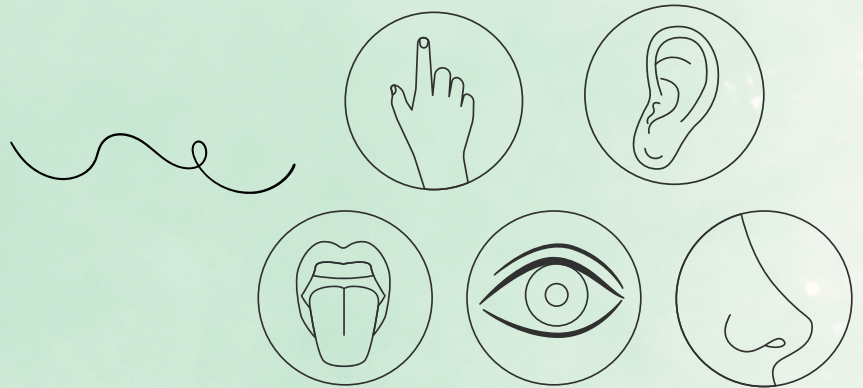


How do your emotions show up in your body?

Anger	Anxiety	Confusion	Excitement
Fear	Joy	Sadness	Safety

When we have difficulties naming emotions directly, we can use our bodies to help us identify what we are feeling. Because we utilize a combination of our 5 senses daily, we already have an advanced tool to help us gain emotional insight.

Associating senses to our feelings helps us develop quicker recognition of our emotions.



Questions to ask yourself:

What texture is this feeling?

Example: Fear might feel slimy and gooey.

What would this feeling sound like ?

Example: Joy might sound like laughter or an upbeat song.

What flavor is this feeling?

Example: Safety might taste like your favorite meal or a hot drink on a cold day.

What view would this feeling be?

Example: Anger might look like a volcano about to erupt and hazy skies.

What would this feeling smell like?

Example: Confusion might smell like a mix of baked goods and rotten vegetables.