

Body Sensations Associated With Emotions

Healthcare Professional's Name:

Contact Number:

Healthcare Practice:

Email:

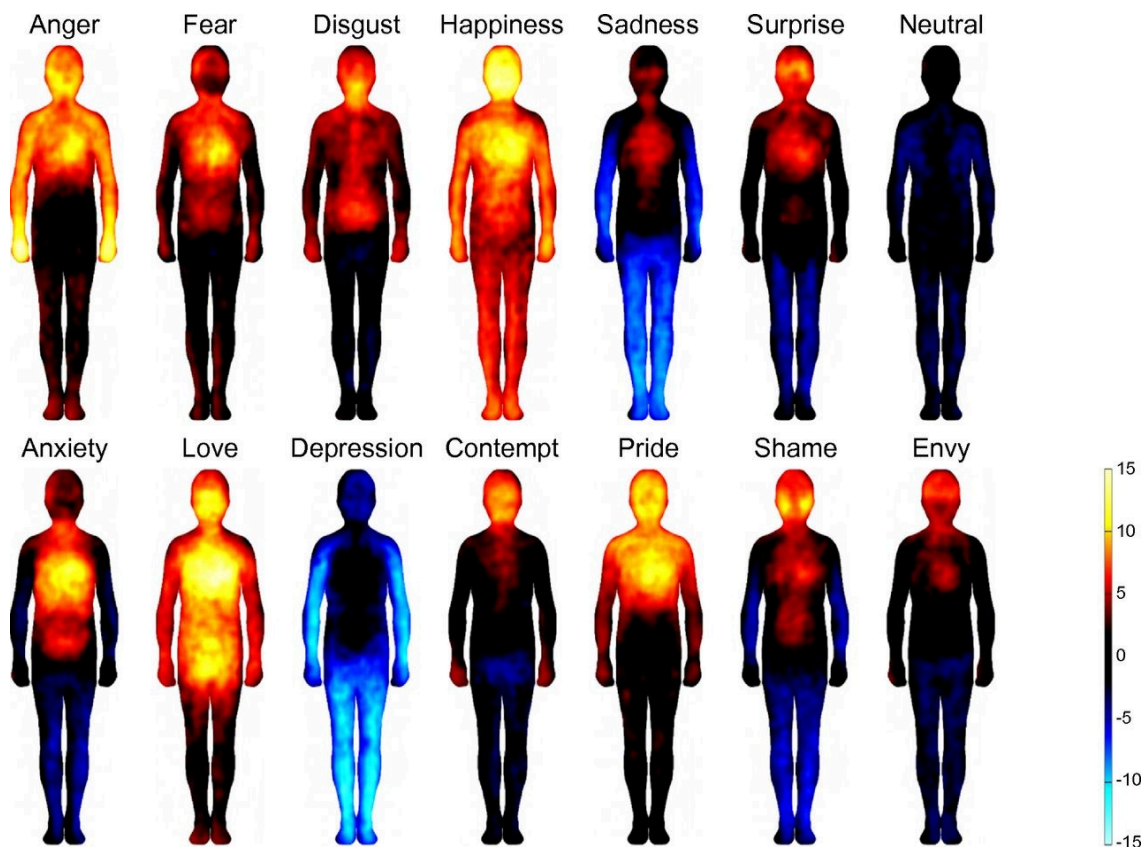
Emotions and Sensations

Basic Emotion	Related Emotions / Feelings	Physical Sensations / Behaviors
Happy	<ul style="list-style-type: none"> • Joy • Curious • Proud • Satisfied • Courageous • Peaceful • Intimate • Optimistic 	<ul style="list-style-type: none"> • Open • Energetic • Awake • Inflated • Tall • Soft • Calm • Jaw set • Steady • Relaxed • Still • Sensitive • Warm • Light • Buzzing
Fear	<ul style="list-style-type: none"> • Embarrassed • Unwanted • Inferior • Insecure • Anxious • Scared 	<ul style="list-style-type: none"> • Tender • Blushing • Unsteady • Cold • Tense • Frozen • Quiet • Heart racing • Foot tapping • Fidgety • Numb hands • Trembling

Basic Emotion	Related Emotions / Feelings	Physical Sensations / Behaviors
Surprise	<ul style="list-style-type: none"> • Shock • Confusion • Awe • Excitement 	<ul style="list-style-type: none"> • Jumpy • Sweaty Palms • Breathless • Speechless • Jaw drop • Eyebrows up • Electrified
Disgust	<ul style="list-style-type: none"> • Disapproval • Disappointed • Awful • Aversion 	<ul style="list-style-type: none"> • Shuddering • Writing • Need to move • Face scrunched • Nausea • Lump in throat • Queasy • Turn away
Sad	<ul style="list-style-type: none"> • Guilt • Abandoned • Despair • Depressed • Lonely • Apathetic 	<ul style="list-style-type: none"> • Looking down • Empty • Curling up • Slouching • Crying • Body aches • Tiredness • Hollow feeling • Changing heartbeats • Heaviness • Weak • Eye rolls
Anger	<ul style="list-style-type: none"> • Hurt • Insecure • Hateful • Mad • Aggressive • Irritated • Distant • Critical 	<ul style="list-style-type: none"> • Trembling lips • Limp • Hiding • Feeling hot • Scowl • Turn away • Loud words • Flushed • Heart racing • Clenching fist • Tight jaw • Headache • Numb • Guts turning • Curled lips

Bodily Sensation Map

This bodily sensation map shows which bodily regions respond to different emotions, including the six basic emotions.



Braman, L. (2020, August 14). *Emotion sensation feeling wheel - printable feelings wheel resources for adults and kids*. LindsayBraman.com.
<https://lindsaybraman.com/sensation-feelings-wheel/>

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<https://doi.org/10.1073/pnas.1321664111>

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<https://www.news-medical.net/news/20231130/Mapping-emotions-in-the-body-Study-reveals-physical-topography-of-feeling.aspx>