

Emotion	Body Location
Sadness	Throat, Chest, Belly
Anger	Back of neck, Head, Shoulders, Arms, Hands
Fear	Belly Area, Head, Face, Throat
Sexual Feelings	Genitals, Lower Belly, Front of Body
Joy	Chest Area, Eyes, Front of Body

Possible Sensations

Lump, Narrowing Pressure, Aching,
Empty

Ropes of tension, Lumps, Throbbing
temples, Clenched Jaw, Drawn in Tight,
Blocky, Held Back, Curled

Butterflies, Fluttering, Clutching, Heavy
Ball Dizziness, Shortness of Breath,
Tension around Eyes and Mouth, Mouth
Dry

Streaming, Fullness, Good Achy,
Warmth

Spacious, Expansive, Glowing, Clarity,
Bubbling, Giggly Inside