

# Body Sensations Associated With Emotions

This questionnaire explores the relationship between basic emotions and their associated physical sensations and behaviors. Please review the following categories and their related feelings and physical manifestations.

## HAPPY - RELATED EMOTIONS/FEELINGS

### Joy

Joy

### Curious

Curious

### Proud

Proud

### Satisfied

Satisfied

### Courageous

Courageous

### Peaceful

Peaceful

### Intimate

Intimate

### Optimistic

Optimistic

## HAPPY - PHYSICAL SENSATIONS/BEHAVIORS

### Open

Open

### Energetic

Energetic

### Awake

Awake

### Inflated

Inflated

### Tall

Tall

### Soft

Soft

### Calm

Calm

### Jaw set

Jaw set

### Steady

Steady

### Relaxed

Relaxed

### Still

Still

**Sensitive**

Sensitive

**Warm**

Warm

**Light**

Light

**Buzzing**

Buzzing

**FEAR - RELATED EMOTIONS/FEELINGS**

---

**Embarrassed**

Embarrassed

**Unwanted**

Unwanted

**Inferior**

Inferior

**Insecure**

Insecure

**Anxious**

Anxious

**Scared**

Scared

**FEAR - PHYSICAL SENSATIONS/BEHAVIORS**

---

**Blushing**

Blushing

**Unsteady**

Unsteady

**Cold**

Cold

**Tense**

Tense

**Frozen**

Frozen

**Quiet**

Quiet

**Heart racing**

Heart racing

**Foot tapping**

Foot tapping

**Fidgety**

Fidgety

**Numb hands**

Numb hands

**Trembling**

Trembling

## **SURPRISE - RELATED EMOTIONS/FEELINGS**

---

### **Shock**

Shock

### **Confusion**

Confusion

### **Awe**

Awe

### **Excitement**

Excitement

## **SURPRISE - PHYSICAL SENSATIONS/BEHAVIORS**

---

### **Jumpy**

Jumpy

### **Sweaty Palms**

Sweaty Palms

### **Breathless**

Breathless

### **Speechless**

Speechless

### **Jaw drop**

Jaw drop

### **Eyebrows up**

Eyebrows up

### **Electrified**

Electrified

## **SAD - RELATED EMOTIONS/FEELINGS**

---

### **Guilt**

Guilt

### **Abandoned**

Abandoned

### **Despair**

Despair

### **Depressed**

Depressed

### **Lonely**

Lonely

### **Apathetic**

Apathetic

## **SAD - PHYSICAL SENSATIONS/BEHAVIORS**

---

### **Looking down**

Looking down

### **Empty**

Empty

### **Curling up**

Curling up

### **Slouching**

Slouching

**Crying** Crying**Body aches** Body aches**Tiredness** Tiredness**Hollow feeling** Hollow feeling**Changing heartbeats** Changing heartbeats**Heaviness** Heaviness**Weak** Weak**Eye rolls** Eye rolls**DISGUST - RELATED EMOTIONS/FEELINGS**

---

**Disapproval** Disapproval**Disappointed** Disappointed**Awful** Awful**Aversion** Aversion**DISGUST - PHYSICAL SENSATIONS/BEHAVIORS**

---

**Shuddering** Shuddering**Writing** Writing**Need to move** Need to move**Face scrunched** Face scrunched**Nausea** Nausea**Lump in throat** Lump in throat**Queasy** Queasy**Turn away** Turn away**ANGER - RELATED EMOTIONS/FEELINGS**

---

**Hurt** Hurt

**Insecure**

Insecure

**Hateful**

Hateful

**Mad**

Mad

**Aggressive**

Aggressive

**Irritated**

Irritated

**Distant**

Distant

**Critical**

Critical

## **ANGER - PHYSICAL SENSATIONS/BEHAVIORS**

---

**Trembling lips**

Trembling lips

**Limp**

Limp

**Hiding**

Hiding

**Feeling hot**

Feeling hot

**Scowl**

Scowl

**Turn away**

Turn away

**Loud words**

Loud words

**Flushed**

Flushed

**Heart racing**

Heart racing

**Clenching fist**

Clenching fist

**Tight jaw**

Tight jaw

**Headache**

Headache

**Numb**

Numb

**Guts turning**

Guts turning

**Curled lips**

Curled lips

Additional notes