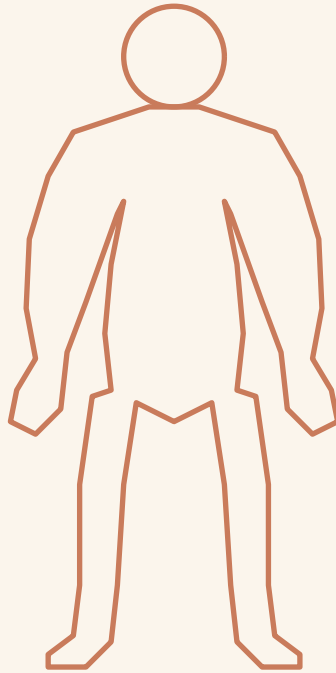


# MY BODY MAP

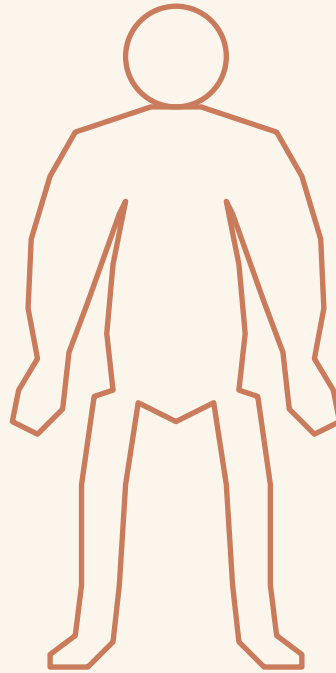
\_\_\_\_\_ Date:

*What emotions do I feel the most?*

Close your eyes for a few slow breaths. Notice where in your body each feeling shows up — tight, warm, heavy, fluttery, numb. Color, shade, or mark it below. There's no wrong way to do this.



**FRONT**



**BACK**

## MY COLOR KEY

Pick a color for each feeling you notice today, then use it on the body map above.

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

## A FEW WORDS FOR IT

If this feeling had a name, I'd call it:

\_\_\_\_\_

One small thing I can do for myself right now:

\_\_\_\_\_

# 7-DAY EMOTION PATTERN TRACKER

After a week of body maps, come back here and look for what repeats.

Patterns are information — not a problem to fix overnight.

Day	Where I felt it (body area)	Emotion I named	Intensity (1-5)
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

## WHAT I NOTICED THIS WEEK

- Did one emotion show up in the same place more than once?

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- Was there a day of the week, or a time of day, where a feeling kept repeating?

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- What's one gentle thing I want to try next week?

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