

# Feeling your Feelings

## a simple roadmap

What sensations are happening in my body?  
tingles, heat, heaviness, cold, tension, pain, numbness etc.

Where do I feel this in my body?

If the feeling could speak, what would it say?

What is the deepest emotion of this feeling?

What does this emotion need right now?

What might this emotion be asking of me or  
teaching me?

What small step can I take to meet that need?

