

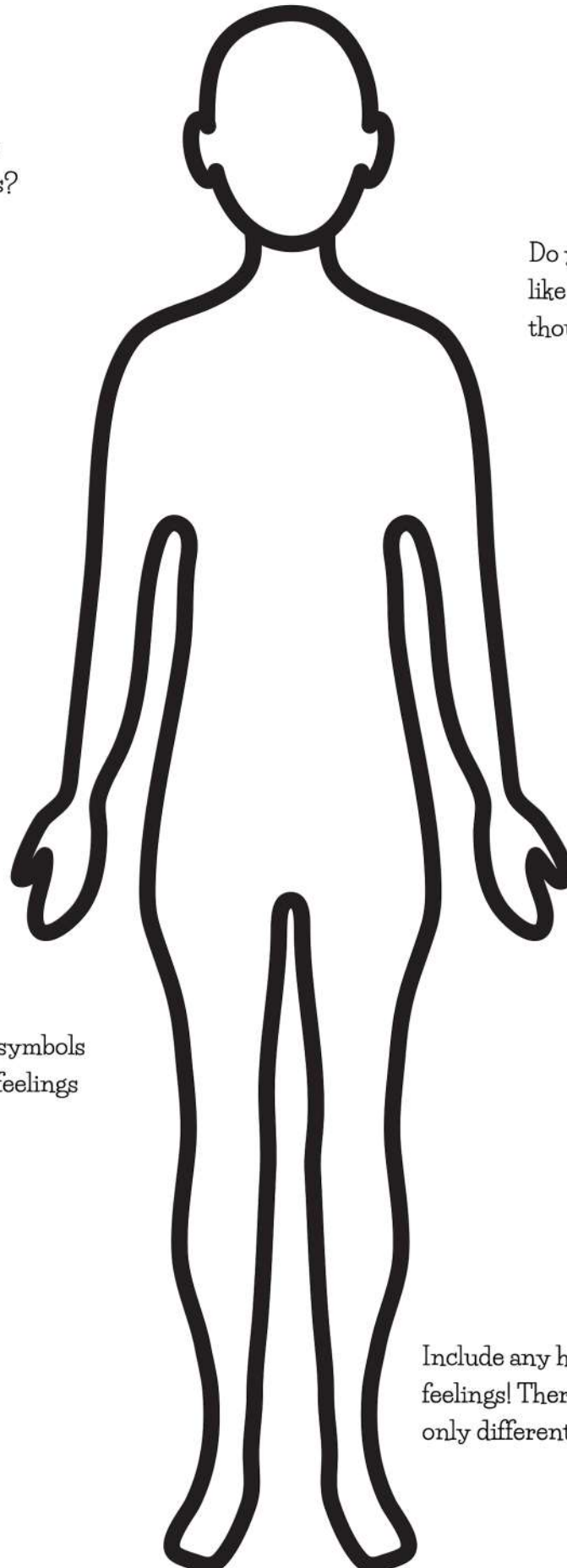


# BODY OUTLINE

Where in your body are you feeling your feelings?



Where in your body are you feeling your feelings?



Do you have physical symptoms like aches and pains or fuzzy thoughts? ... add these too.

Use different colours and symbols to place all your different feelings within the body.

Include any happy type and sad type feelings! There are no good or bad feelings ... only different feelings!

**What physical feelings did you notice and draw? In what part of the body are they?**

---

---

---

---

---

**Did you have both happy and sad type feelings in the same area? What are they?**

---

---

---

---

---

**Are there moments or events that bring on these feelings?**

---

---

---

---

---

choose your character...

Draw a face showing what you feel now.

