

Emotions
Aren't
Dangerous



In

DIVE DEEPER

This month we're going to get comfortable FEELING our emotions! This Dive Deeper Exercise will help you get out of your head and into your body, so you can gain the confidence to experience ANY emotion in your life!

1. Name the emotion you're feeling:

2. POSITION - Where is it in your body?

3. QUALITY - What does it feel like? (Sharp, hot, tingly, etc.)

4. RADIATION - Does the sensation move? If so, where in your body is it moving?

5. SEVERITY - How intense is the emotion?

6. TIMING - How often do you feel it? It is constant or does it come and go?