

Comfortable & Uncomfortable Feelings

Top 5 Comfortable Feelings	How It Feels In My Body
Example: Happy	Example: Light arms/legs, floaty stomach, smiling, energetic
1.	
2.	
3.	
4.	
5.	

Top 5 Uncomfortable Feelings	How It Feels In My Body
Example: Ashamed	Example: Drop in stomach, hot, tense, sweaty, arms/legs heavy, low energy
1.	
2.	
3.	
4.	
5.	