

# MINDFUL SEX

## EMBODIED EMOTIONS WORKSHEET

### ANGER

**When you feel this emotion, what sensations do you notice in your body?**

Examples: Hot, Cold, Tense, Relaxed, Tight, Open, Nausea, Fast, Slow, Heavy, Light, Calm, Restless, Pain, Tender, Aching, Throbbing, Tingling, Streaming

**Where do you feel these sensations?**

<b>Head &amp; Face:</b>	Throbbing in head, hot face, stiff jaw
<b>Breath:</b>	sometimes shallow, sometimes deep -investigate more?
<b>Neck &amp; Throat</b>	stiff
<b>Shoulders:</b>	tense,
<b>Chest:</b>	tight chest
<b>Heart:</b>	pounding heart
<b>Stomach:</b>	knots in stomach, sometimes nauseous
<b>Back:</b>	not aware of anything specific
<b>Pelvis:</b>	numbness
<b>Genitals:</b>	don't feel anything
<b>Legs:</b>	feel heavy, stiff
<b>Feet:</b>	unsure
<b>Other:</b>	thoughts out of control, can't find words

**What else do you notice about your experience of this emotion?**

I almost choke sometime. After I often feel embarrassed about being angry

**What helps this emotion move through your body and not get stuck?**

During: take deep breath, complete exhale. Circle shoulders, move jaw.

After: Workout.

# MINDFUL SEX

## EMBODIED EMOTIONS WORKSHEET

### JOY

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**When you feel this emotion, what sensations do you notice in your body?**

Examples: Hot, Cold, Tense, Relaxed, Tight, Open, Nausea, Fast, Slow, Heavy, Light, Calm, Restless, Pain, Tender, Aching, Throbbing, Tingling, Streaming

**Where do you feel these sensations?**

**Head & Face:**

**Breath:**

**Neck & Throat**

**Shoulders:**

**Chest:**

**Heart:**

**Stomach:**

**Back:**

**Pelvis:**

**Genitals:**

**Legs:**

**Feet:**

**Other:**

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**What else do you notice about your experience of this emotion?**

**What helps this emotion move through your body and not get stuck?**

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## EMBODIED EMOTIONS WORKSHEET

### ANGER

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**Where do you feel these sensations?**

**Head & Face:**

**Breath:**

**Neck & Throat**

**Shoulders:**

**Chest:**

**Heart:**

**Stomach:**

**Back:**

**Pelvis:**

**Genitals:**

**Legs:**

**Feet:**

**Other:**

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**What else do you notice about your experience of this emotion?**

**What helps this emotion move through your body and not get stuck?**

# MINDFUL SEX

## EMBODIED EMOTIONS WORKSHEET

### FEAR

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**When you feel this emotion, what sensations do you notice in your body?**

Examples: Hot, Cold, Tense, Relaxed, Tight, Open, Nausea, Fast, Slow, Heavy, Light, Calm, Restless, Pain, Tender, Aching, Throbbing, Tingling, Streaming

**Where do you feel these sensations?**

**Head & Face:**

**Breath:**

**Neck & Throat**

**Shoulders:**

**Chest:**

**Heart:**

**Stomach:**

**Back:**

**Pelvis:**

**Genitals:**

**Legs:**

**Feet:**

**Other:**

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**What else do you notice about your experience of this emotion?**

**What helps this emotion move through your body and not get stuck?**

# MINDFUL SEX

## EMBODIED EMOTIONS WORKSHEET

### EXCITEMENT / ANTICIPATION

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**When you feel this emotion, what sensations do you notice in your body?**

Examples: Hot, Cold, Tense, Relaxed, Tight, Open, Nausea, Fast, Slow, Heavy, Light, Calm, Restless, Pain, Tender, Aching, Throbbing, Tingling, Streaming

**Where do you feel these sensations?**

**Head & Face:**

**Breath:**

**Neck & Throat**

**Shoulders:**

**Chest:**

**Heart:**

**Stomach:**

**Back:**

**Pelvis:**

**Genitals:**

**Legs:**

**Feet:**

**Other:**

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**What else do you notice about your experience of this emotion?**

**What helps this emotion move through your body and not get stuck?**

# MINDFUL SEX

## EMBODIED EMOTIONS WORKSHEET

### DESIRE / LONGING

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**When you feel this emotion, what sensations do you notice in your body?**

Examples: Hot, Cold, Tense, Relaxed, Tight, Open, Nausea, Fast, Slow, Heavy, Light, Calm, Restless, Pain, Tender, Aching, Throbbing, Tingling, Streaming

**Where do you feel these sensations?**

**Head & Face:**

**Breath:**

**Neck & Throat**

**Shoulders:**

**Chest:**

**Heart:**

**Stomach:**

**Back:**

**Pelvis:**

**Genitals:**

**Legs:**

**Feet:**

**Other:**

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**What else do you notice about your experience of this emotion?**

**What helps this emotion move through your body and not get stuck?**

# MINDFUL SEX

## EMBODIED EMOTIONS WORKSHEET

### WORRY

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**When you feel this emotion, what sensations do you notice in your body?**

Examples: Hot, Cold, Tense, Relaxed, Tight, Open, Nausea, Fast, Slow, Heavy, Light, Calm, Restless, Pain, Tender, Aching, Throbbing, Tingling, Streaming

**Where do you feel these sensations?**

**Head & Face:**

**Breath:**

**Neck & Throat**

**Shoulders:**

**Chest:**

**Heart:**

**Stomach:**

**Back:**

**Pelvis:**

**Genitals:**

**Legs:**

**Feet:**

**Other:**

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**What else do you notice about your experience of this emotion?**

**What helps this emotion move through your body and not get stuck?**

# MINDFUL SEX

## EMBODIED EMOTIONS WORKSHEET

### SADNESS / GRIEF

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**When you feel this emotion, what sensations do you notice in your body?**

Examples: Hot, Cold, Tense, Relaxed, Tight, Open, Nausea, Fast, Slow, Heavy, Light, Calm, Restless, Pain, Tender, Aching, Throbbing, Tingling, Streaming

**Where do you feel these sensations?**

**Head & Face:**

**Breath:**

**Neck & Throat**

**Shoulders:**

**Chest:**

**Heart:**

**Stomach:**

**Back:**

**Pelvis:**

**Genitals:**

**Legs:**

**Feet:**

**Other:**

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**What else do you notice about your experience of this emotion?**

**What helps this emotion move through your body and not get stuck?**



# MINDFUL SEX

## EMBODIED EMOTIONS WORKSHEET

### DISGUST

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**When you feel this emotion, what sensations do you notice in your body?**

Examples: Hot, Cold, Tense, Relaxed, Tight, Open, Nausea, Fast, Slow, Heavy, Light, Calm, Restless, Pain, Tender, Aching, Throbbing, Tingling, Streaming

**Where do you feel these sensations?**

**Head & Face:**

**Breath:**

**Neck & Throat**

**Shoulders:**

**Chest:**

**Heart:**

**Stomach:**

**Back:**

**Pelvis:**

**Genitals:**

**Legs:**

**Feet:**

**Other:**

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**What else do you notice about your experience of this emotion?**

**What helps this emotion move through your body and not get stuck?**

# MINDFUL SEX

## EMBODIED EMOTIONS WORKSHEET

### ANY OTHER EMOTION / EXPERIENCE YOU WANT TO TRACK

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**When you feel this emotion, what sensations do you notice in your body?**

Examples: Hot, Cold, Tense, Relaxed, Tight, Open, Nausea, Fast, Slow, Heavy, Light, Calm, Restless, Pain, Tender, Aching, Throbbing, Tingling, Streaming

**Where do you feel these sensations?**

**Head & Face:**

**Breath:**

**Neck & Throat**

**Shoulders:**

**Chest:**

**Heart:**

**Stomach:**

**Back:**

**Pelvis:**

**Genitals:**

**Legs:**

**Feet:**

**Other:**

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**What else do you notice about your experience of this emotion?**

**What helps this emotion move through your body and not get stuck?**