




HACKING YOUR EMOTIONS

FEELING	Body Scan	Body Atlas	Cues/Questions
Mad		Shoulders Back Jaw/Headache Clenched fists	How are you NOT getting what you want? What are you getting that you don't want? Anger wants expression
Scared		Solarplexus Abdomen/Nausea Shaky knees Feet (want to run) Chest Sweaty palms	What is the threat? What is your fear signature? <ul style="list-style-type: none"> • Fight • Flee • Faint • Freeze
Sad		Throat Chest Eyes	What have you lost? Salt cure

THE LAW - ANYONE GETS TO FEEL **ANY** THING AT **ANY** TIME FOR **ANY** REASON.

- To FEEL is a verb. An ACTIVE verb. Thinking about/arriving at a story about your feelings is not the same as FEELING your FEELINGS.
- Having feelings around each other is something with which we have varying degrees of comfort. We seem to lose our ability to do this based on setting and modeling (and the passage of time...).
- E-MOTION – Energy in motion. Emotions are part of your interoceptive system.