

**Table 3: Emotion awareness chart – Jess's example**

Emotion	How easy is it to notice this emotion once triggered?	What tends to trigger this emotion (e.g. situations, own feelings)?	Where does it show up in my body?	If it were to grow, which parts of my body does it move in to?	What does it feel like in my body (e.g. pleasant or unpleasant; light or heavy)?	What is the impulse in my body? What does my body want to do?	What happens to my thinking? What thoughts or images come to mind?	What do I pay attention to when feeling this emotion?
Anger	Very easy	Unfair treatment	Shoulders and jaw	Arms and hands	Strong, energising	To approach people, to shout	Someone saying sorry to me	People's mistakes
Anxiety	Difficult	New people or situations	Maybe stomach	Not sure	Unpleasant but hard to feel	Not sure	Blank – can't think	Not sure
Sadness	Hard	Feeling alone and loss	My head	Heart and stomach	Heavy and unpleasant	Cry	Images of being on own	Not having a relationship
Shame	Very easy	My own needs/feeling	Stomach	Shoulders and chest	Very, very unpleasant	Curl up, hide, disappear	People criticising me	Other people
Joy	Easy	Seeing close friends	Legs and arms	Not sure, but feel need to move	Very nice, energising	Move, do things, see people	Thoughts about good/fun things	Pleasure and doing things
Contentment	Hard	Lie-ins, weekends	Not sure	Not sure	Nice I think but not sure	Not sure	Not sure	Not sure