Emotion awareness chart

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								
Anxiety								
Sadness								
Shame								
Joy								
Contentment								