

Practicing Emotional Literacy

Follow these steps to identify what emotions may be arising, along with the message they are trying to tell you.

<p>Step 1: Notice Body Sensations</p> <p>Tune into sensations in your body, and make note of where they show up. It can help to close your eyes and take a few full breaths to tune in.</p>	<p>Step 2: Feel</p> <p>Notice the emotion that corresponds with the location of your body sensations.</p> <p>Try on the emotion by saying a statement aloud, such as "I feel _____. Welcome the feeling and allow it to move through your body like a wave.</p>	<p>Step 3: Wonder</p> <p>Once you've fully felt the feeling, it's time to get curious. Consider the questions that correspond with the emotion you're feeling.</p>
Location of Body Sensations	Emotion	Questions
Throat, chest, heart area	Sad	What's the loss? What might I need to let go of?
Upper back, neck, across the shoulders, jaw	Angry	What's the intrusion (what am I getting that I don't want) or the obstacle (what am I not getting that I want?)
Belly, around the navel	Scared	Am I perceiving some threat to my environment?
All over	Happy	What wants to be celebrated?



Emotions Are a Source of Intelligence

Each emotion has its own distinct function and often shows up in certain areas of the body.

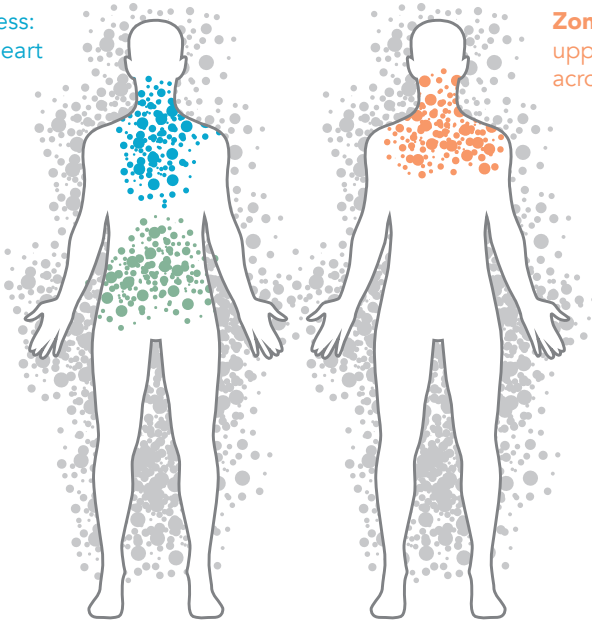
Feeling Zones and the Function of Each Feeling

Zone 1 - Sadness:
throat, chest, heart

Zone 2 - Fear:
belly, around
the navel

Zone 3 - Anger:
upper back, neck,
across shoulders, jaw

Zone 4 - Joy:
bubbly,
effervescent
feeling that can
be felt all over



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