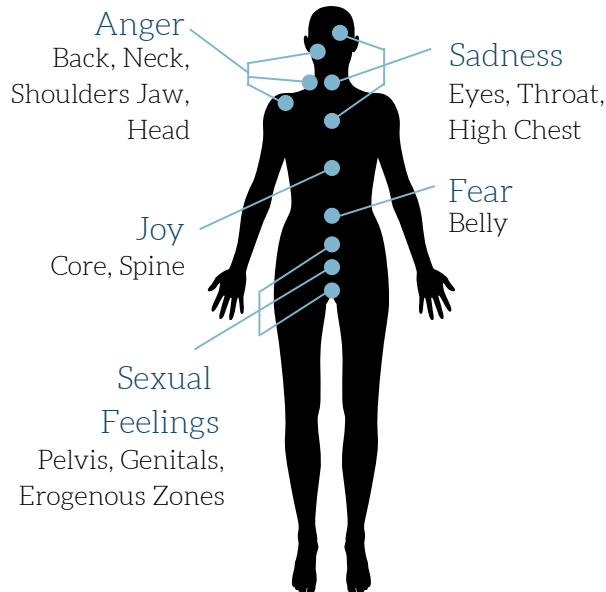


# EMOTIONAL RANGE

**Step 1:** Name the feeling that is here now. (sad, scared, angry, joyful, sexual)

**Step 2:** Identify where the feeling is located in the body

Clenching  
Tingling  
Pulling  
Swirling  
Churning  
Swelling  
Tickling  
Buzzing  
Warming  
Fluttering  
Pinching  
Tightening  
Itching  
Flowing  
Numbing



Pounding  
Softening  
Twisting  
Burning  
Opening  
Pressing  
Squeezing  
Quivering  
Throbbing  
Cooling  
Expanding  
Vibrating  
Bubbling  
Streaming  
Knotting

**Step 3:** Describe how the sensation is expressing itself - use words ending in "ing"

**Step 4:** Breathe in and through the sensation or match it with movement or non-verbal sound until it shifts

**Step 5:** Listen for the wisdom of the emotion

**Sadness** - What wants to be let go of or mourned?

**Anger** - What is no longer serving you or others? What wants to be stopped, changed, ended?

**Fear** - What wants to become known?

**Joy** - What wants to be celebrated?

**Sexual Feelings** - What wants to be created? What is attractive?