

Feelings,



Sensations and Strategy

BY PATTI BROADFOOT



INNER SOJOURN

Workbook

Introduction



This workbook is designed to help you build awareness of your body sensations, emotions, and coping strategies. By increasing your ability to recognise and respond to bodily cues, you can develop more effective ways to navigate stress, emotions, and everyday challenges.

Warmly,

Patti

How to Use this Workbook

This workbook is designed to help you recognize, track, and manage your emotions effectively. By understanding the range and intensity of your feelings, you can develop healthier emotional awareness and coping strategies.

1. Recognizing Emotions in the Moment:

Pause and take a moment to check in with yourself when you're feeling emotionally charged. Use the emotion list to identify what you're feeling—whether the emotion is mild, moderate, or intense. This helps you become more aware of your emotional shifts and provides clarity on how to respond in the moment.

2. Daily Emotion Log:

Each day, reflect on your emotional experiences. Use the emotion list to pinpoint what you felt and track any patterns over time. Noticing trends will help you understand your triggers and provide insight into when and why certain emotions arise.

3. Creating Coping Strategies:

Once you've identified your emotions, think about healthy coping strategies. For more intense emotions, use techniques like physical activity or mindfulness, while more subtle emotions may benefit from grounding exercises or journaling. Having strategies in place will help you manage your emotions in a productive way.



Core Categories of Emotions & Feelings

This list is designed to help you identify and name your emotions more accurately. Recognizing what you're feeling is the first step in learning how to manage and regulate those emotions. Use these categories to pinpoint your emotions in the moment, track them over time, and create strategies that work for you. Understanding the range and intensity of your feelings can empower you to respond with greater awareness and self-compassion.

1. Joy / Happiness

- **Mild & Subtle:** Content, Pleased, Relieved, Lighthearted, Playful
- **Moderate:** Cheerful, Happy, Satisfied, Hopeful, Amused
- **Intense:** Ecstatic, Exuberant, Thrilled, Euphoric, Overjoyed
- **Peaceful & Fulfilled:** Serene, Tranquil, Grateful, Whole, Blissful

2. Love / Affection

- **Warm & Tender:** Affectionate, Caring, Devoted, Fond, Warm
- **Romantic & Intimate:** Passionate, Adoring, Infatuated, Enamored, Flirtatious
- **Compassionate & Connected:** Empathetic, Generous, Nurturing, Loyal, Trusting
- **Deep & Profound:** Cherished, Treasured, Unbreakable, Reverent, Sacred

3. Excitement / Anticipation

- **Curious & Interested:** Intrigued, Inquisitive, Engaged, Open-minded, Perceptive
- **Energetic & Motivated:** Enthusiastic, Inspired, Driven, Bold, Enterprising
- **Eager & Expectant:** Hopeful, Optimistic, Anticipatory, Joyfully Nervous
- **Overwhelmed by Stimulation:** Overexcited, Giddy, Frantic, Jittery, Restless



Core Categories of Emotions & Feelings



4. Confidence / Empowerment

- **Self-Assured & Strong:** Certain, Secure, Proud, Grounded, Capable
- **Resilient & Determined:** Tenacious, Gritty, Persistent, Unwavering, Unstoppable
- **Dominant & Assertive:** Commanding, Bold, Decisive, Self-Reliant, Unshakable
- **Arrogant & Overconfident:** Cocky, Smug, Condescending, Entitled, Dismissive

5. Sadness / Sorrow

- **Mild & Lingering:** Melancholic, Nostalgic, Blue, Down, Low
- **Moderate:** Disappointed, Lonely, Weary, Dejected, Hopeless
- **Intense & Deep:** Devastated, Heartbroken, Mournful, Despairing, Grief-Stricken
- **Empty & Numb:** Apathetic, Listless, Hollow, Detached, Desensitized

6. Fear / Anxiety

- **Mild & Worrying:** Nervous, Apprehensive, Hesitant, Cautious, Uneasy
- **Moderate:** Anxious, Doubtful, Tense, Stressed, Edgy
- **Severe & Panicked:** Terrified, Paralyzed, Hysterical, Overwhelmed, Alarmed
- **Paranoid & Dreadful:** Doom-Filled, Haunted, Unsettled, Distrustful, Phobic

7. Anger / Frustration

- **Mild Annoyance:** Irritated, Bothered, Exasperated, Testy, Impatient
- **Frustrated & Resentful:** Aggravated, Grumpy, Bitter, Offended, Jealous
- **Raging & Furious:** Livid, Enraged, Seething, Wrathful, Outraged
- **Vengeful & Hateful:** Malicious, Contemptuous, Vindictive, Spiteful, Loathing



Core Categories of Emotions & Feelings

8. Shame / Guilt

- **Mild Regret:** Embarrassed, Bashful, Remorseful, Hesitant, Guilty
- **Moderate Shame:** Ashamed, Self-Critical, Self-Deprecating, Humiliated, Regretful
- **Intense Self-Loathing:** Worthless, Undeserving, Disgusted with Self, Crushed, Condemned
- **Dysregulated & Punitive:** Self-Hating, Masochistic, Self-Sabotaging, Reproachful

9. Loneliness / Isolation

- **Mild Disconnection:** Detached, Reserved, Aloof, Disengaged, Withdrawn
- **Moderate Loneliness:** Forgotten, Left Out, Rejected, Abandoned, Invisible
- **Severe Isolation:** Desolate, Forsaken, Unlovable, Alienated, Broken
- **Existential Loneliness:** Empty, Void, Insignificant, Unmoored, Lost

10. Disgust / Revulsion

- **Mild Aversion:** Turned Off, Unimpressed, Put Off, Grossed Out, Hesitant
- **Moderate Disgust:** Appalled, Nauseated, Repelled, Repulsed, Disturbed
- **Extreme Horror:** Revolted, Sickened, Horrified, Reviled, Contemptuous
- **Moral Disgust:** Righteous, Indignant, Condemning, Sanctimonious, Pious

11. Confusion / Uncertainty

- **Mildly Perplexed:** Unsure, Puzzled, Skeptical, Uncertain, Foggy
- **Moderately Conflicted:** Torn, Doubtful, Hesitant, Ambivalent, Wavering
- **Severely Confused:** Disoriented, Bewildered, Lost, Baffled, Dumbfounded
- **Existentially Adrift:** Meaningless, Purposeless, Aimless, Nihilistic, Unanchored

12. Hope / Faith

- **Subtle Optimism:** Encouraged, Open, Willing, Trusting, Bright
- **Moderate Faith:** Believing, Inspired, Grounded, Confident, Expectant
- **Strong Conviction:** Assured, Resolute, Devoted, Unwavering, Steadfast
- **Spiritual & Existential:** Transcendent, Reverent, Sacred, Mystical, Connected

Core Categories of Emotions & Feelings



Some emotions are a blend of different feelings, creating complex experiences. For example, bittersweet mixes joy and sadness, while apprehensive combines fear and anticipation. Others, like resentful or overwhelmed, arise from a mix of anger, hurt, and multiple emotions at once. These nuanced feelings help us understand the depth of our emotional experiences and how they shape our reactions.

Complex & Nuanced Feelings

Some emotions are mixed, nuanced, or multifaceted:

- **Bittersweet (Joy + Sadness)** – Nostalgic, Wistful, Sentimental
- **Apprehensive (Fear + Anticipation)** – Hesitant, Cautiously Hopeful, Uncertain
- **Resentful (Anger + Hurt)** – Spiteful, Bitter, Displeased
- **Overwhelmed (Multiple Emotions at Once)** – Stunned, Dazed, Flooded
- **Awe (Joy + Fear + Reverence)** – Breathtaking, Overcome, Astounded

Emotion-Driven Physical States

Some feelings come with physical sensations:

- **Heavy-hearted (Sadness + Fatigue)** – Weighed Down, Sluggish
- **Butterflies (Excitement + Nervousness)** – Tingling, Fluttery
- **Choked Up (Grief + Love + Loss)** – Speechless, Trembling
- **Adrenalized (Excitement + Anxiety)** – Electric, Jittery
- **Gut-Punched (Shock + Sorrow + Betrayal)** – Staggered, Dazed



Body Sensations

Our bodies provide constant feedback about our emotional and mental states, offering physical clues that can help us understand and regulate our feelings. The list below groups common body sensations by emotional states, helping you connect physical sensations with emotions. By recognizing these signals, you can become more attuned to how your body reacts to different feelings and use that awareness to manage your emotions more effectively.

How to Use This in Logging:

When tracking your emotions, pay attention to any physical sensations you experience. Did you feel butterflies in your stomach when excited, or did your heart feel heavy when you were sad? Note these sensations alongside your emotions in your daily log. Over time, this can help you identify patterns and gain insight into how your body reacts to different emotional triggers. This awareness can be a powerful tool for emotional regulation.

Contentment & Happiness

- Light, buoyant feeling in chest
- Warmth spreading from heart
- Easy, rhythmic breathing
- Gentle tingling in skin
- Open and expansive posture
- Smiling without effort
- Soft warmth in hands and feet
- Fullness in heart or belly
- Relaxed facial muscles
- Playful energy in limbs
- Swaying or gentle movement without realizing
- Bright, clear vision
- A soft, glowing warmth in the body

Excitement & Anticipation

- Fast, deep breathing
- Buzzing energy in arms and legs
- Heart beating faster but not uncomfortably
- A surge of warmth
- Goosebumps of anticipation
- Smiling or laughing involuntarily
- Shaky but energetic hands
- Leaning forward instinctively
- Eyes wide open
- Feeling bouncy or light on feet
- Hands and feet tingling with energy
- Stomach flipping or feeling 'alive'

Body Sensations



Anger & Frustration

- Tight jaw
- Clenched fists
- Tension in shoulders
- Heat rising in face
- Stomach tightness
- Shallow breathing
- Pounding heart
- Nostrils flaring
- Teeth grinding
- Restless energy in limbs
- Sudden bursts of strength
- Feeling pressure in the head
- Sweaty forehead or hands
- Fast, forceful breathing
- A surge of adrenaline

Anxiety & Worry

- Racing heart
- Brain racing
- Shortness of breath
- Sweaty palms
- Tightness in chest
- Feeling a lump in the throat
- Trembling hands
- Butterflies in stomach
- Feeling lightheaded or dizzy
- Hyper-awareness of surroundings
- Restless leg movement
- Dry mouth
- Jaw tension or clenching
- Fidgeting or tapping fingers
- Feeling like something is stuck in the throat
- Sensation of a tight band around the ribs

Exhaustion & Fatigue

- Heavy eyelids
- Slowed movements
- Weak grip and reduced strength
- Deep aches in muscles
- Slow blinking and zoning out
- Yawning frequently
- Body temperature dropping slightly
- Feeling of being weighed down
- Dragging feet or limbs
- Whole-body heaviness

Shame & Embarrassment

- Blushing or flushing in face
- Sudden increase in body temperature
- Tight throat or dry mouth
- Wanting to shrink or hide
- Sweaty forehead or hands
- Stomach dropping sensation
- Eyes looking down automatically
- Heavy, sinking feeling in stomach
- Nervous laughter or stammering
- Weak knees or wobbly legs



Body Sensations

Fear & Hypervigilance

- Heightened alertness
- Feeling 'on edge'
- Fast, shallow breathing
- Increased heart rate
- Jumpy or easily startled
- Tunnel vision
- Cold sweat on forehead
- Prickling sensation on skin
- Hyper-sensitive hearing
- Frozen muscles or feeling stuck
- Uneasy stomach (nausea or tightness)
- Tensed neck and back muscles
- Feeling like hair is standing on end
- Sudden need to move (fight-or-flight response)
- Feeling like the floor is unsteady
- Goosebumps

Disgust & Revulsion

- Nausea or queasiness
- Facial grimacing or lip curling
- Goosebumps from discomfort
- Tightening in stomach or gut
- Sudden withdrawal from an object or person
- Shuddering or feeling 'gross'
- Gagging or throat tightening
- Feeling cold and repelled

Sadness & Grief

- Heavy feeling in chest
- Lump in throat
- Tearfulness
- Low energy
- Aching muscles
- Slow movements
- Hollow feeling in stomach
- Sluggish limbs
- Feeling like sinking into the ground
- Chills or cold sensation in body
- Loss of appetite or nausea
- Tight throat making it hard to speak
- Sensation of being weighed down
- Deep aching in bones or joints
- Dull headache

Shame & Embarrassment

- Blushing or flushing in face
- Sudden increase in body temperature
- Tight throat or dry mouth
- Wanting to shrink or hide
- Sweaty forehead or hands
- Stomach dropping sensation
- Eyes looking down automatically
- Heavy, sinking feeling in stomach
- Nervous laughter or stammering
- Weak knees or wobbly legs

Body Sensations

Dissociation & Numbness

- Feeling disconnected from body
- Tingling or numbness in hands/feet
- Floating sensation
- Blurred vision
- Lack of physical sensation
- Feeling like being behind glass or fog
- Muffled sounds or distorted hearing
- Unusual lightness or heaviness in limbs
- Feeling like body parts aren't "yours"
- Tunnel vision or fading surroundings
- Slow or sluggish movements
- Weak grip strength
- Feeling physically absent or 'empty'
- Lack of ability to sense hunger, pain, or temperature

Love & Affection

- Warmth spreading through chest
- Soft tingling sensation
- Relaxed and open posture
- Steady, rhythmic heartbeat
- Lightness in limbs
- Comforting skin contact desire
- Pleasant tingling when touched
- Deep, satisfying sighs
- Smiling with ease
- Feeling safe and cocooned
- Skin feeling extra sensitive to warmth
- Butterflies in stomach in romantic situations

Calm & Relaxation

- Slow, deep breathing
- Loosened muscles
- Warm sensation
- Steady heartbeat
- Soft gaze
- Clear mind
- Gentle tingling in fingers/toes
- Feeling of openness in chest
- Heavy, pleasant limbs
- Full, slow belly breaths
- Relaxed face and jaw
- Comforting warmth in core
- Feeling of being grounded
- Balanced and steady posture
- Subtle smile forming naturally

Love & Connection (Emotional Safety)

- Deep relaxation in shoulders
- Feeling 'held' even when alone
- Comforting warmth in the heart
- Slow, rhythmic breathing
- Face softening, muscles relaxing
- Full-body sigh of relief
- A feeling of being at peace
- Subtle but pleasant tingling
- Steady and grounded energy
- Synchronized breathing with a loved one



Normal Body Sensations

Here is a simpler list of common body sensations that we experience every day. These sensations, like feeling warmth, lightness, or tension, are part of our normal physical state. By noticing these everyday sensations, you can begin to recognize how your body feels in its natural state, making it easier to spot when you may be feeling dysregulated or when something feels out of balance.

General Body Sensations

- Warmth or coolness
- Tingling or buzzing
- Lightness or heaviness
- Pressure or tightness
- Itching or tickling
- Fullness or emptiness
- Relaxation or tension

Breathing & Heartbeat

- Deep, slow breathing
- Shallow or quick breathing
- Steady heartbeat
- Strong or faint pulse

Muscle & Joint Sensations

- Stretching or loosening
- Stiffness or tightness
- Aching or soreness
- Strength or weakness

Skin Sensations

- Softness or roughness
- Dryness or moisture
- Goosebumps or chills
- Sweating or warmth

Digestive Sensations

- Hunger or fullness
- Gurgling or rumbling
- Nausea or discomfort
- Satisfied or bloated

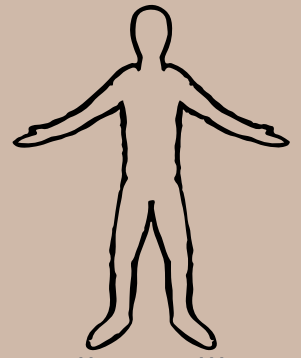
Energy & Alertness

- Rested or fatigued
- Jittery or calm
- Focused or foggy
- Light or heavy limbs





Body Mapping Exercise



Body mapping is a simple yet powerful tool to help you connect emotions with physical sensations. By identifying where you feel certain emotions in your body, you can increase awareness of how emotions manifest physically, making it easier to manage them in the future. Here's how to get started:

Step 1: Draw or Print an Outline of a Body

- Use the printable body outline at the end of this workbook, or draw a simple figure of a person on a blank page.

Step 2: Identify Your Common Sensations

- Think about past emotional experiences (such as feeling anxious, sad, excited, or angry). Reflect on where in your body you tend to feel those emotions. Do you get a tight chest when stressed? Do you feel butterflies in your stomach when nervous?

Step 3: Mark the Sensations

- Using a pencil, pen, or marker, draw or shade the areas on the body outline where you commonly feel those emotions. You can use different colours to represent different emotions (e.g., red for anger, blue for sadness, yellow for joy) or simply write the emotions in the corresponding areas.

Step 4: Track Over Time

- As you continue to track your emotions, refer back to your body map. Notice any changes or patterns—do you feel certain sensations more intensely at different times? This will help you connect your emotions with physical cues more deeply.

Body mapping helps you gain insight into the physical effects of your emotions, making it easier to recognize and regulate them when they arise.



Feelings, Sensations, and Strategies Tracker

The Feelings, Sensations, and Strategies Tracker is designed to help you track your emotions, understand how they show up in your body, and explore the thoughts connected to those emotions. It is a simple tool to build emotional awareness, practice emotional regulation, and identify helpful strategies for managing your feelings.

Step-by-Step Guide to Using the Journal

1. Date:

- Start by writing the date at the top of the page. This allows you to track patterns and gain insight over time.

2. Emotion:

- Identify and write down the emotion you are experiencing. Be specific (e.g., “frustration” rather than just “bad mood”). If you feel more than one emotion, you can list them all.

3. Body Sensations:

- Pay attention to where you feel the emotion in your body. Emotions often manifest physically, so note any sensations like tightness, heat, butterflies, or tension. Writing these details helps you connect the mind-body relationship.

4. Thoughts/Reflections:

- Write down any thoughts you have related to the emotion. Are there any specific memories, worries, or beliefs that surface? This is your opportunity to reflect on the deeper triggers of your emotional state.

5. What Did You Do?:

- Reflect on what actions or coping strategies you took in response to the emotion. Did you take a deep breath, talk to someone, or try any self-soothing activities like a walk or meditation?

6. Did It Help?:

- After reflecting on your actions, assess whether they helped you feel better or manage your emotions. Did the strategy work? If it didn't, that's okay! This step is about learning what works for you.

7. Adjustments/Notes:

- If the strategy didn't help, think about what might be more effective next time. You can note alternative approaches you'd like to try or any insights you gained during the journaling process.

Feelings, Sensations, and Strategies Tracker

Why Journal Daily?

Journaling every day, even briefly, helps you:

- Recognize patterns: By tracking your emotions, you can notice recurring feelings and their triggers over time.
- Build self-awareness: Writing about your emotions helps you understand them better, which can improve your ability to regulate them.
- Create positive change: As you identify strategies that work for you, you can incorporate them into your daily routine, making it easier to manage emotions in the future.

Printable Sheet

At the end of this document, you'll find a printable version of the Emotional Awareness Journal chart. You can print it and add additional pages as needed to continue your journaling practice.

Date	What was happening?	Sensations I noticed	Emotion(s) I felt	How did I respond?	Did it help? (Yes/No)



Reflection Questions



Use the following journal prompts to explore recurring patterns in your emotions, thoughts, and behaviours. These questions are designed to help you reflect deeply and gain insights into how you respond to different situations. By regularly reflecting on your emotional experiences, you'll improve your self-awareness and discover what strategies work best for you.

What sensations do I notice most often?

Do certain sensations happen with specific emotions?

How does my body react to stress?

Which responses help me feel better? Which don't?

Are there any patterns in when and how these sensations appear?





Traffic Light System

Use this system to assess your emotional/physiological state throughout the day.



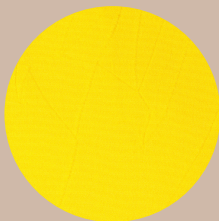
Red Light (Overwhelmed & Shut Down)

- Numbness or dissociation
- Racing thoughts
- Panic or freeze response
- Loss of motivation
- Feeling disconnected



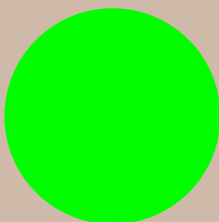
Yellow Light (Activated & Stressed)

- Increased tension
- Faster breathing
- Restlessness
- Difficulty concentrating
- Feeling overwhelmed



Green Light (Calm & Focused)

- Relaxed body
- Slow breathing
- Steady heart rate
- Clear thinking
- Able to engage in activities





Getting Started with Your Emotional Awareness Journey

Before You Start

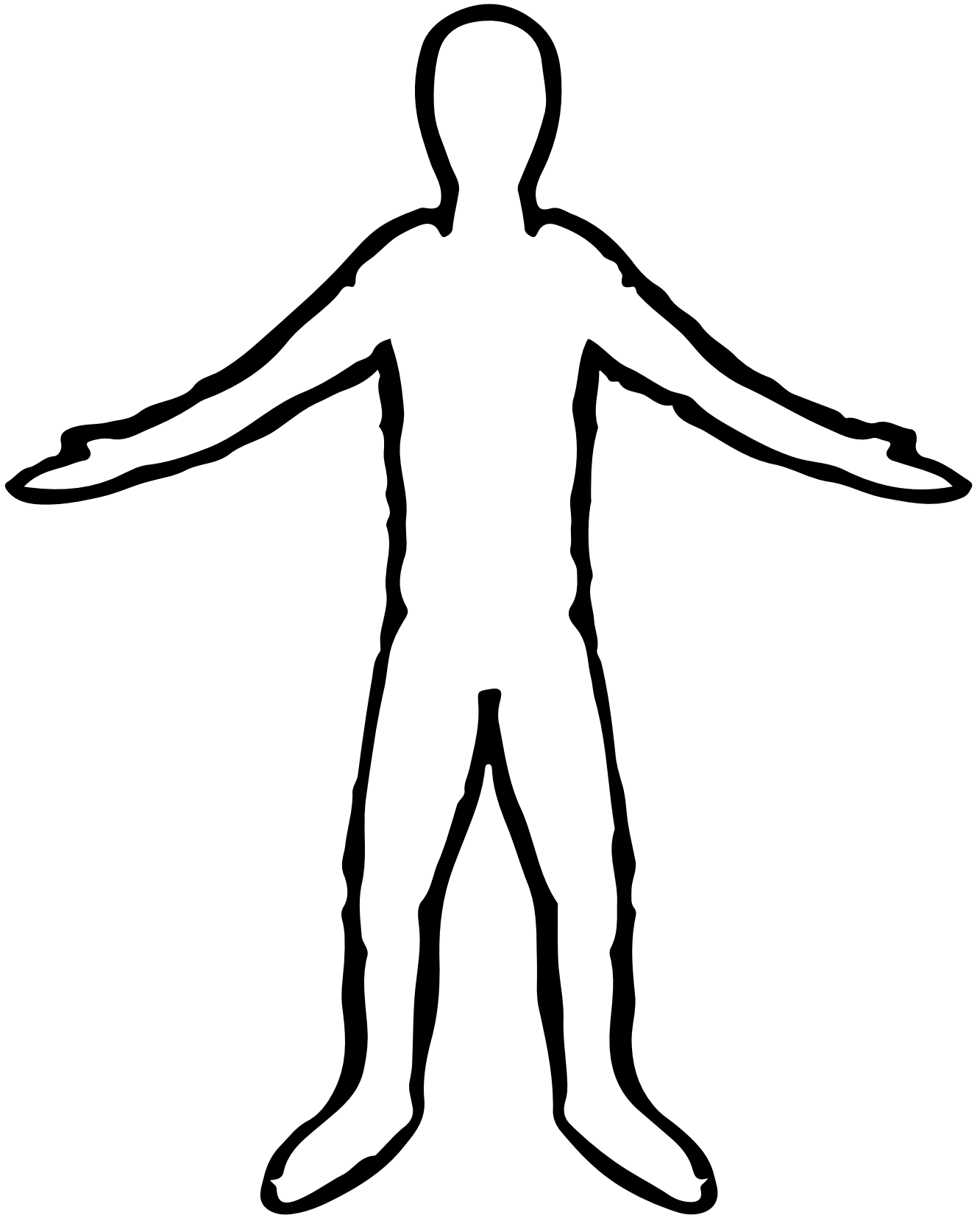
Using this journal regularly can help you better understand your emotions, body sensations, and the strategies that work best for you. Emotional growth is a journey, and there's no wrong way to use this tool. Be patient with yourself as you reflect and experiment with different approaches. This journal is here to support you as you explore what works best for you.

For additional coping strategies, visit www.innersojourn.net, or feel free to reach out to me, Patti, for personalized guidance and support.



Body Mapping Exercise

Draw or mark where you commonly feel sensations in your body when experiencing different emotions.(printable at the end of the workbook.)



Feelings, Sensations, and Strategies Tracker

Date	Emotion	Body Sensations	Thoughts/Reflections	What Did You Do?	Did It Help?	Adjustments/Notes
Write date here	Emotion felt today	Where do you feel it in your body?	Thoughts connected to this emotion	What coping strategies did you use?	Was the strategy effective or not?	What could you try next time? Any adjustments?