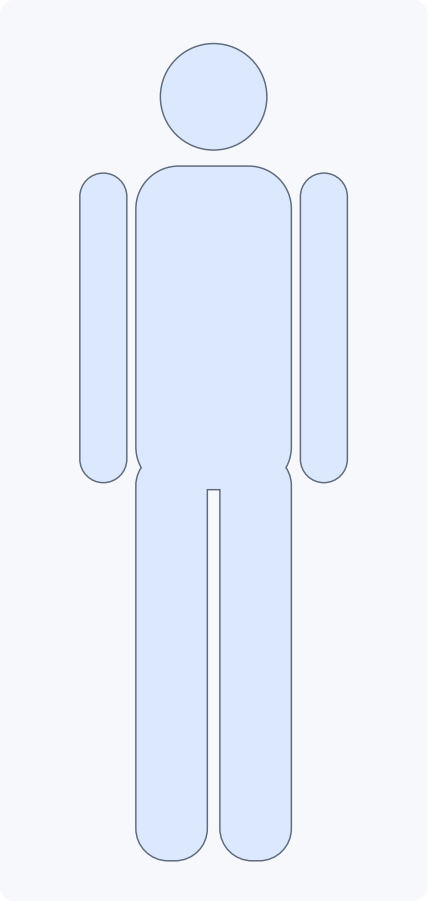
Where I feel it in my body

Mark where in your body you notice different feelings.

Name _____ Date _____

Think of a recent moment with a clear feeling. Close your eyes and bring it back. Where in your body do you notice it? Mark the figure, or describe it in the boxes. Do this for two or three different feelings.



Feeling 1

What is the feeling, where is it, and what is it like (tight, heavy, hot, fluttery, hollow)?

Feeling 2

Where is it, and what is it like?

Feeling 3

Where is it, and what is it like?

What does my body tend to do first when a feeling starts?

How could I use these signals as an early warning?

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com
This handout supports your therapy. It does not replace professional advice.