

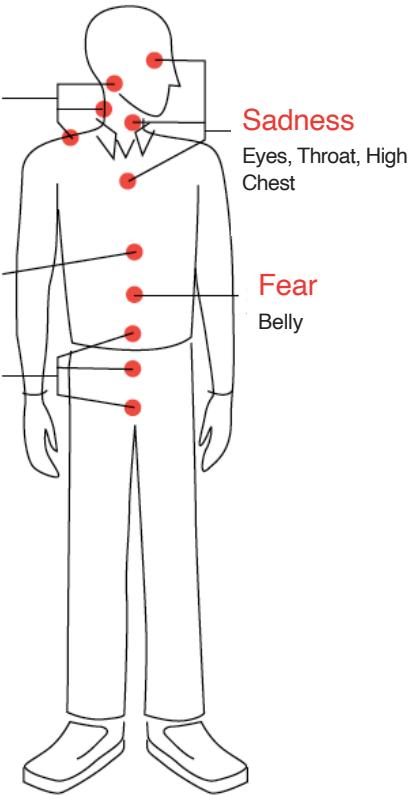
# EMOTIONAL INTELLIGENCE

**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

**Anger**  
Back, Neck  
Shoulders,  
Jaw, Head  
**Joy**  
Core, Spine  
**Sexual Feelings**  
Pelvis, Genitals,  
Erogenous Zones



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?