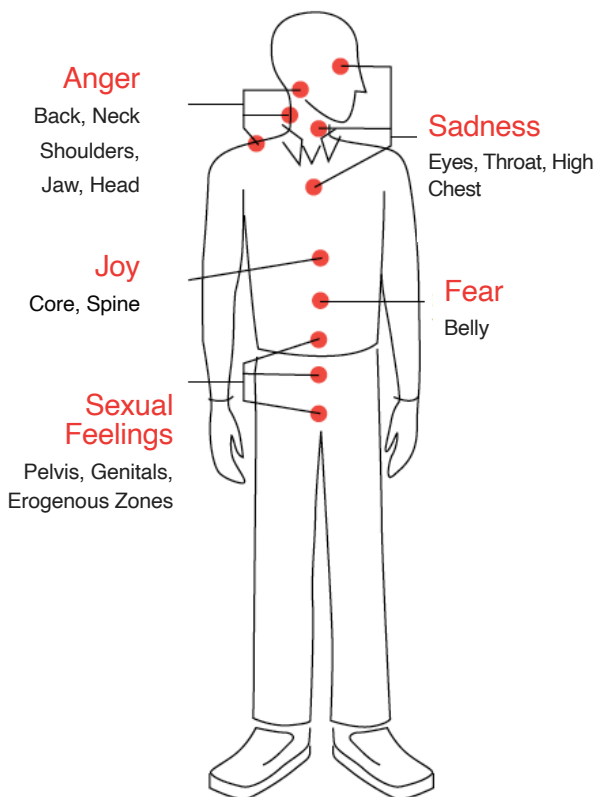


EMOTIONAL INTELLIGENCE

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



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?