

# Body Sensations Awareness

## Enhancing Emotional Regulation Through Reflective Practices

Welcome to your Body Sensation Awareness Worksheet, designed to help you cultivate mindfulness and emotional regulation through gentle observation and reflection.

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### Pause & Notice

#### What just happened?

Take a moment to consider the recent events. What brought you to this worksheet?

#### What emotion am I feeling?

Identify the emotions present. Be honest and gentle with yourself.

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### Scan Your Body

#### Where do I feel sensations in my body?

Use the body outline provided to label the areas where you notice sensations. This could be anywhere from your head to your toes.

- Head
- Chest
- Stomach

- Shoulders
- Arms
- Legs
- Other: \_\_\_\_\_

**Describe the sensation:**

- Tight
- Heavy
- Light
- Tingly
- Warm
- Cold
- Sharp
- Calm
- Other: \_\_\_\_\_

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## **Intensity Check**

**How strong is this sensation?**

Rate the intensity of the sensation on a scale from 1 (very light) to 10 (High Intensity)-

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## Stay With It

### Take 3 slow breaths

Inhale deeply, hold for a moment, and exhale slowly. Repeat three times.

### What happens to the sensation as I breathe?

Observe any changes in the sensation. Does it intensify, diminish, or shift?

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## What Might My Body Need?

Consider what your body might be asking for:

- Rest
  - Movement
  - Deep breaths
  - Water
  - Comfort
  - Space
  - Talk to someone
  - Other: \_\_\_\_\_
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## Reflection

### What did I notice about my body today?

Reflect on any new insights or observations.

### How do I feel now?

Note any changes in your emotional or physical state.

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## **Affirmation**

“My body gives me signals. I can listen with care.”

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