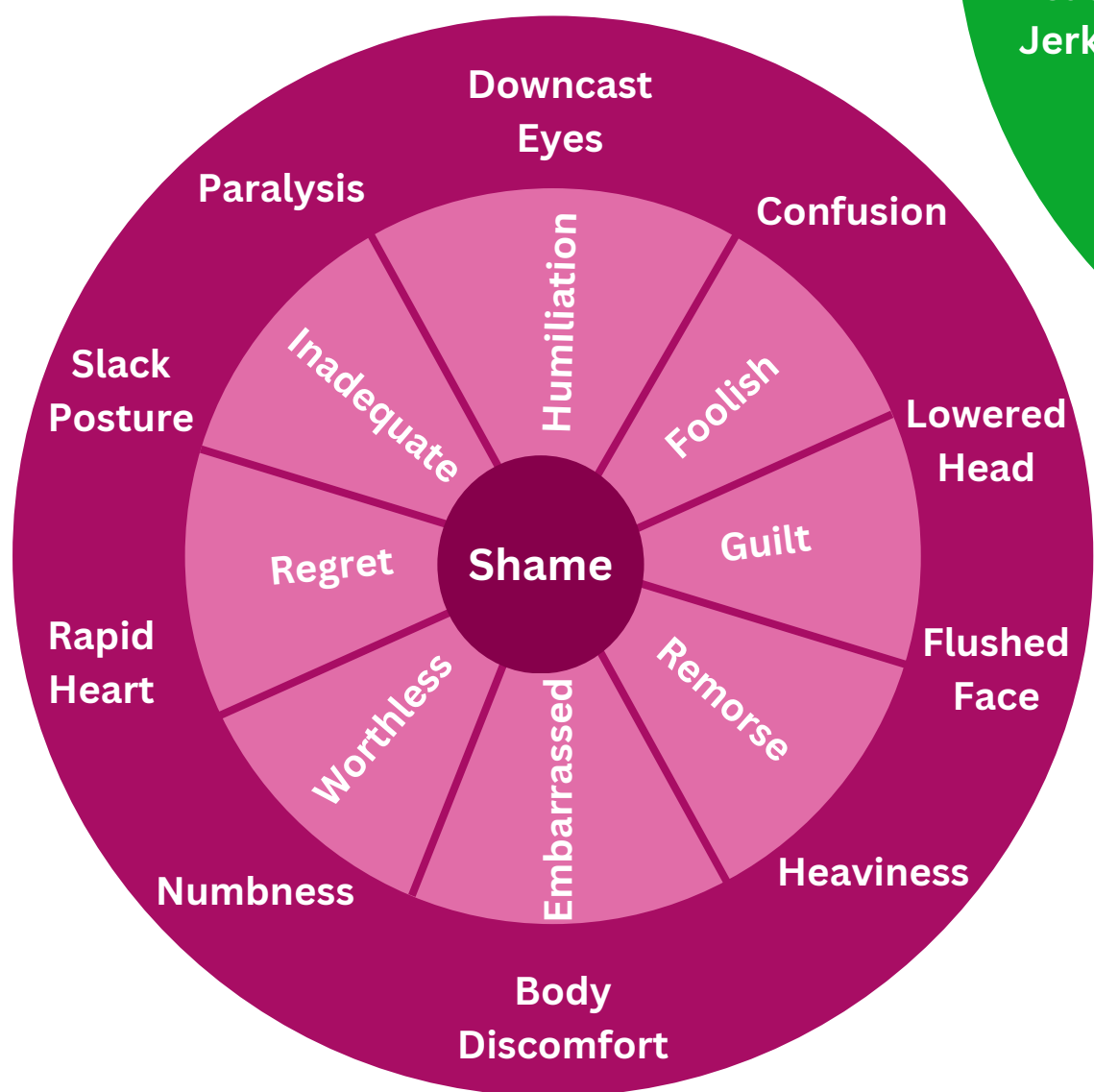
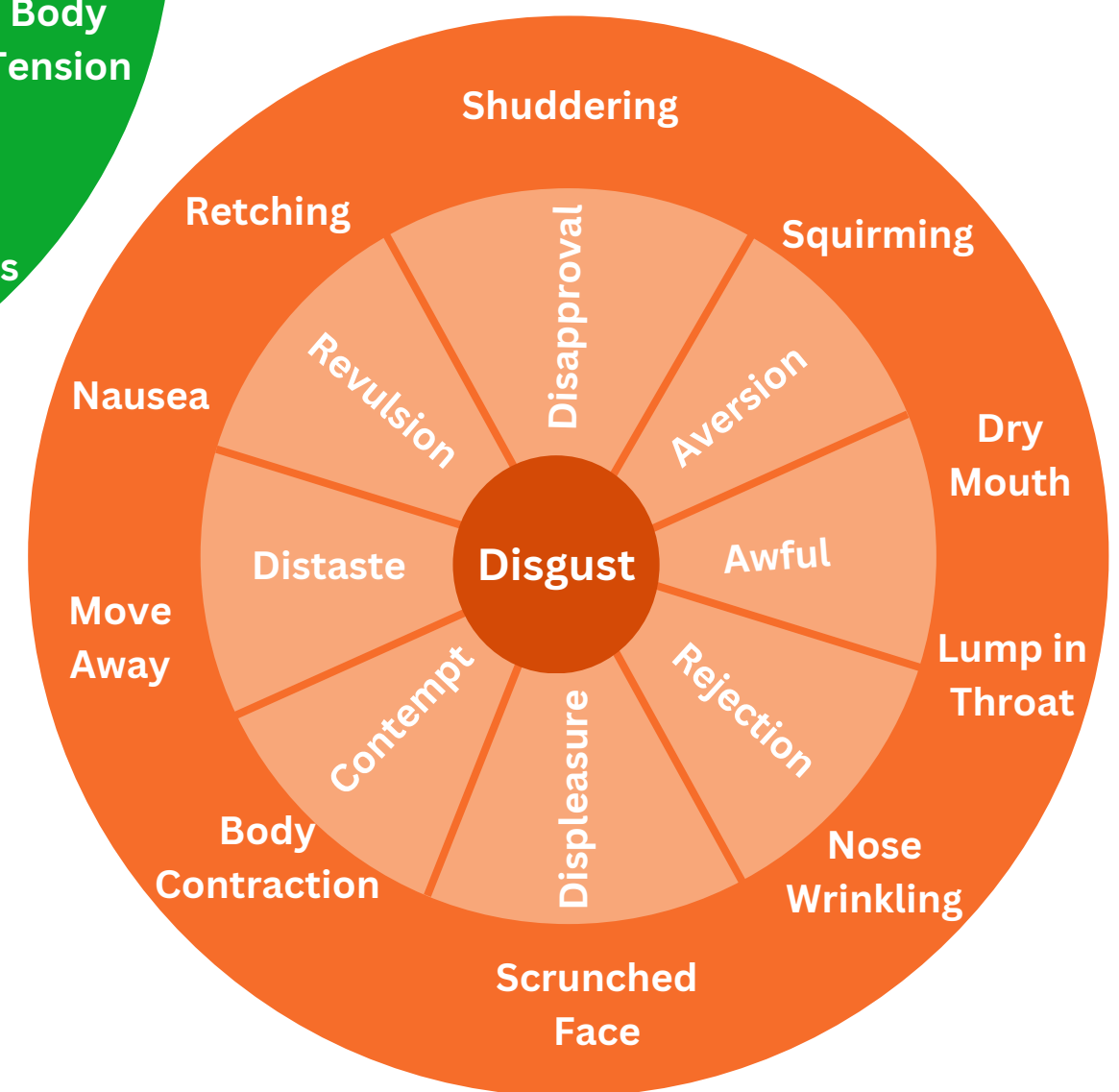
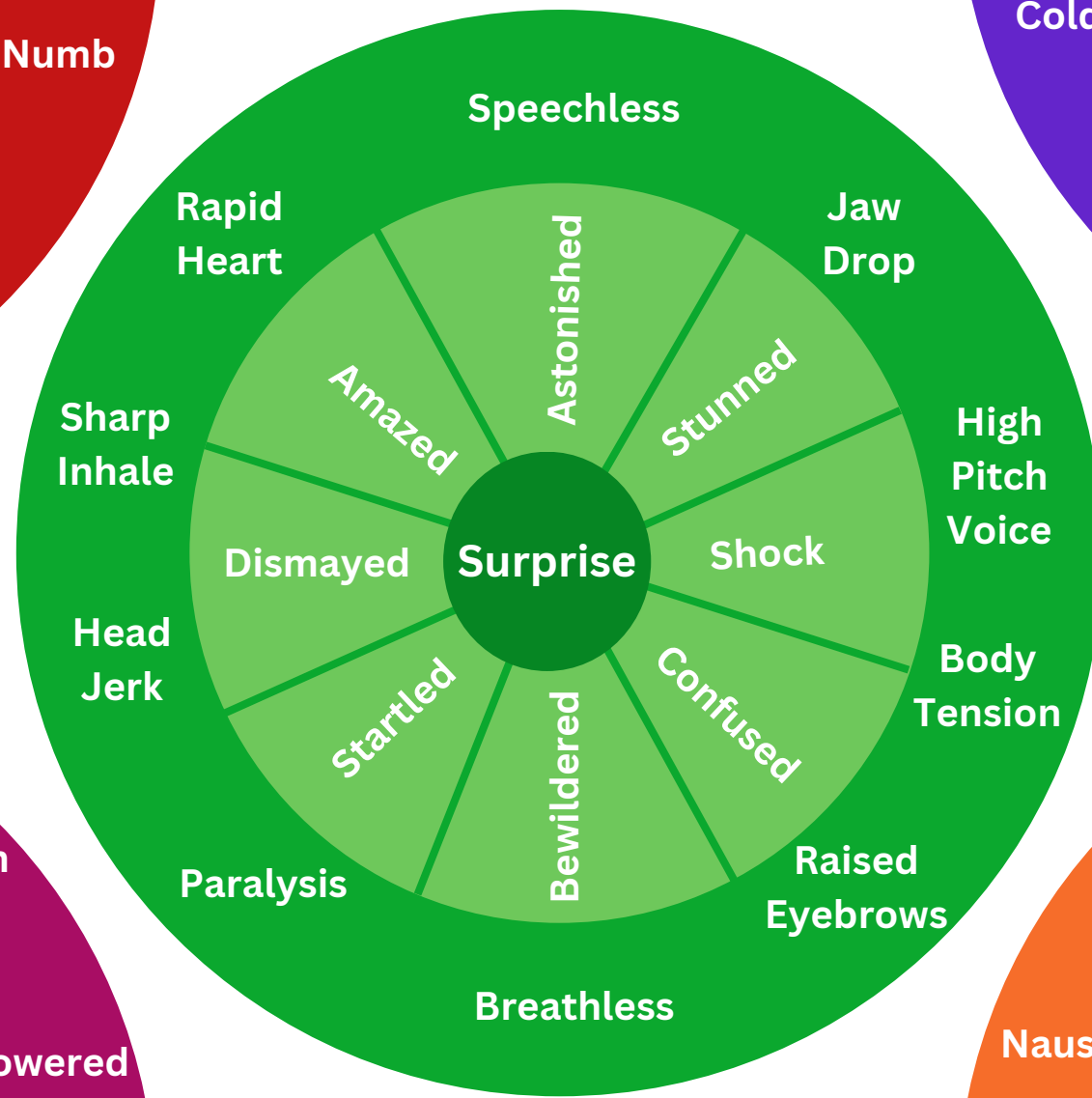
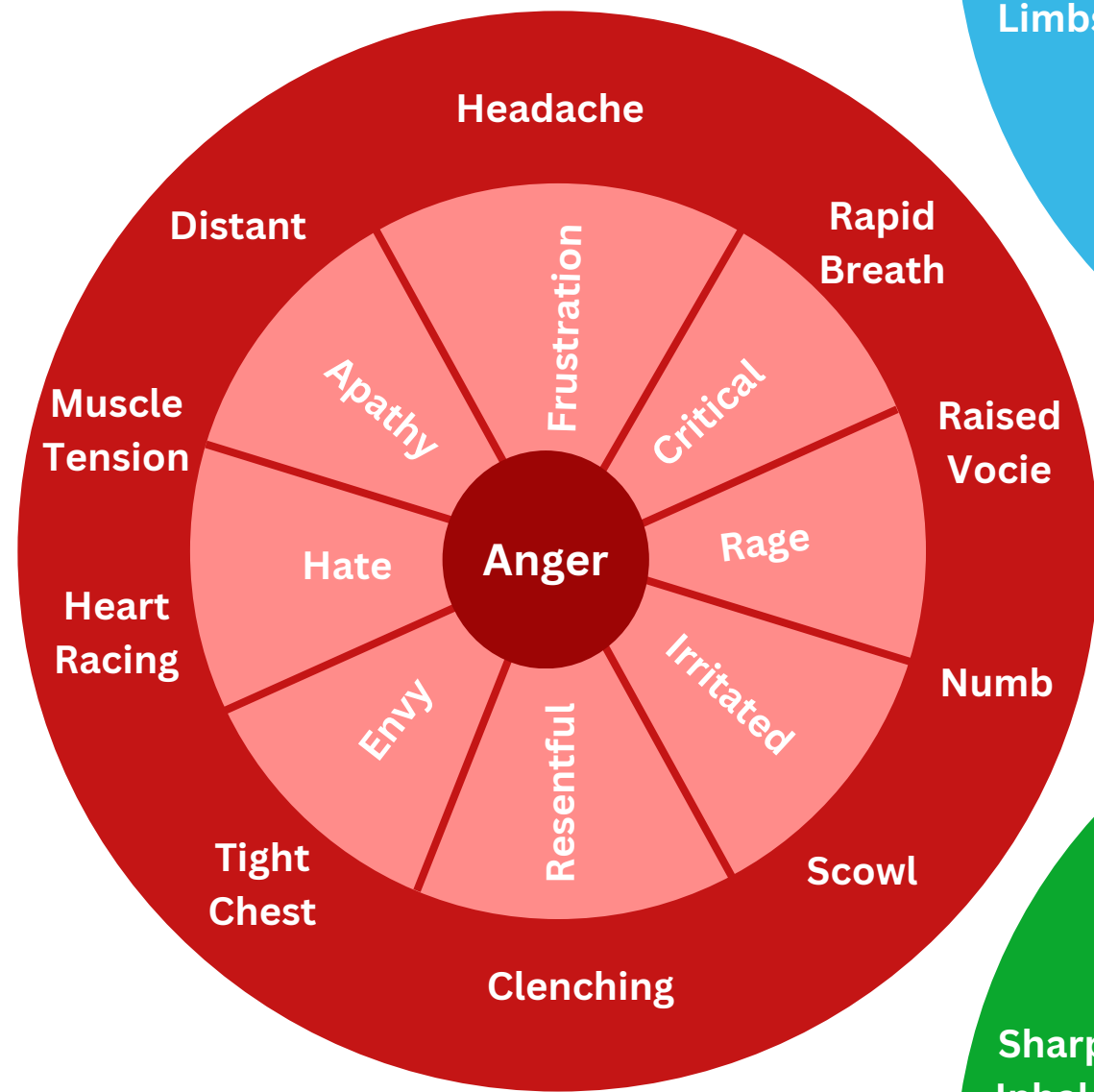
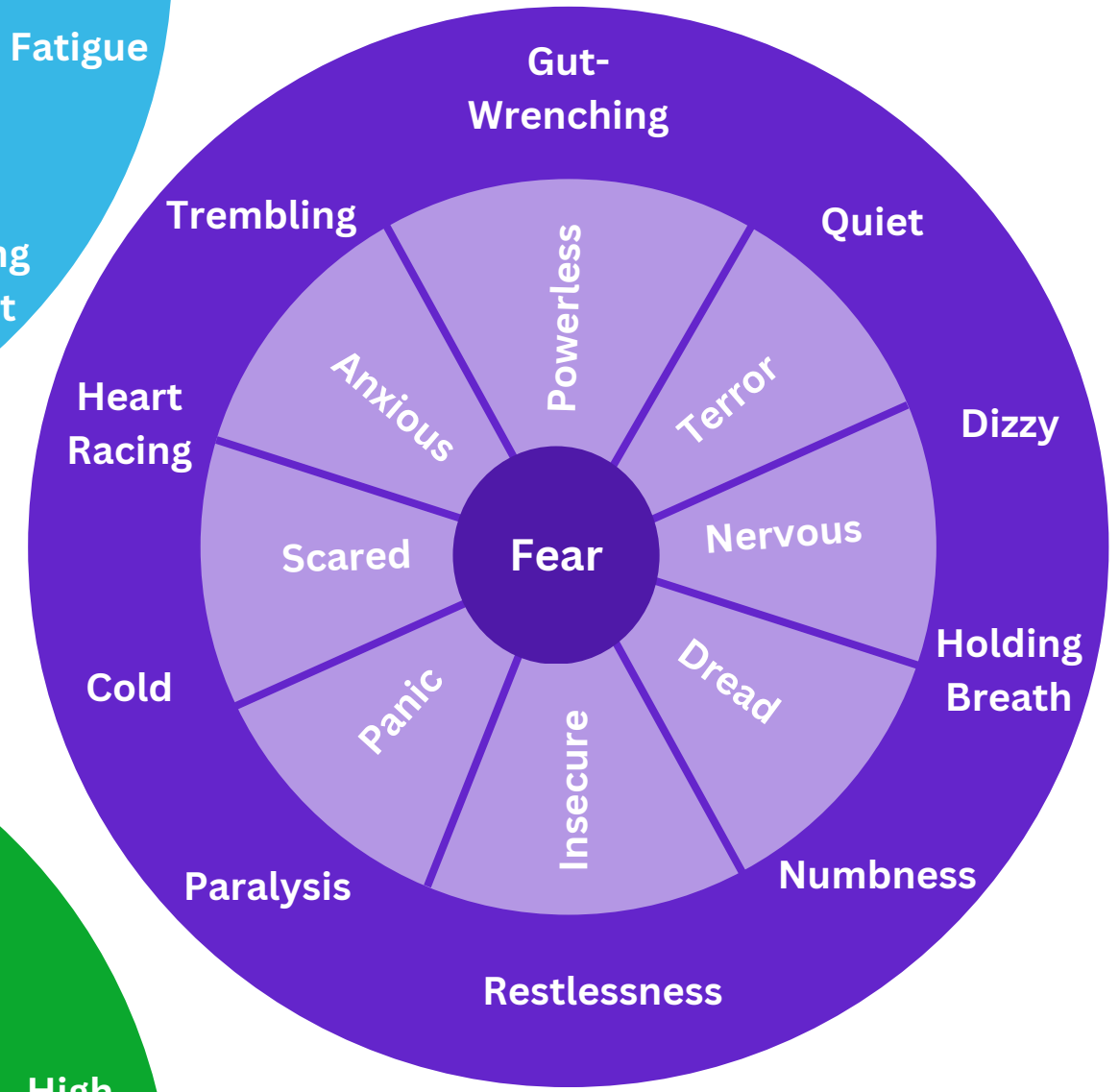
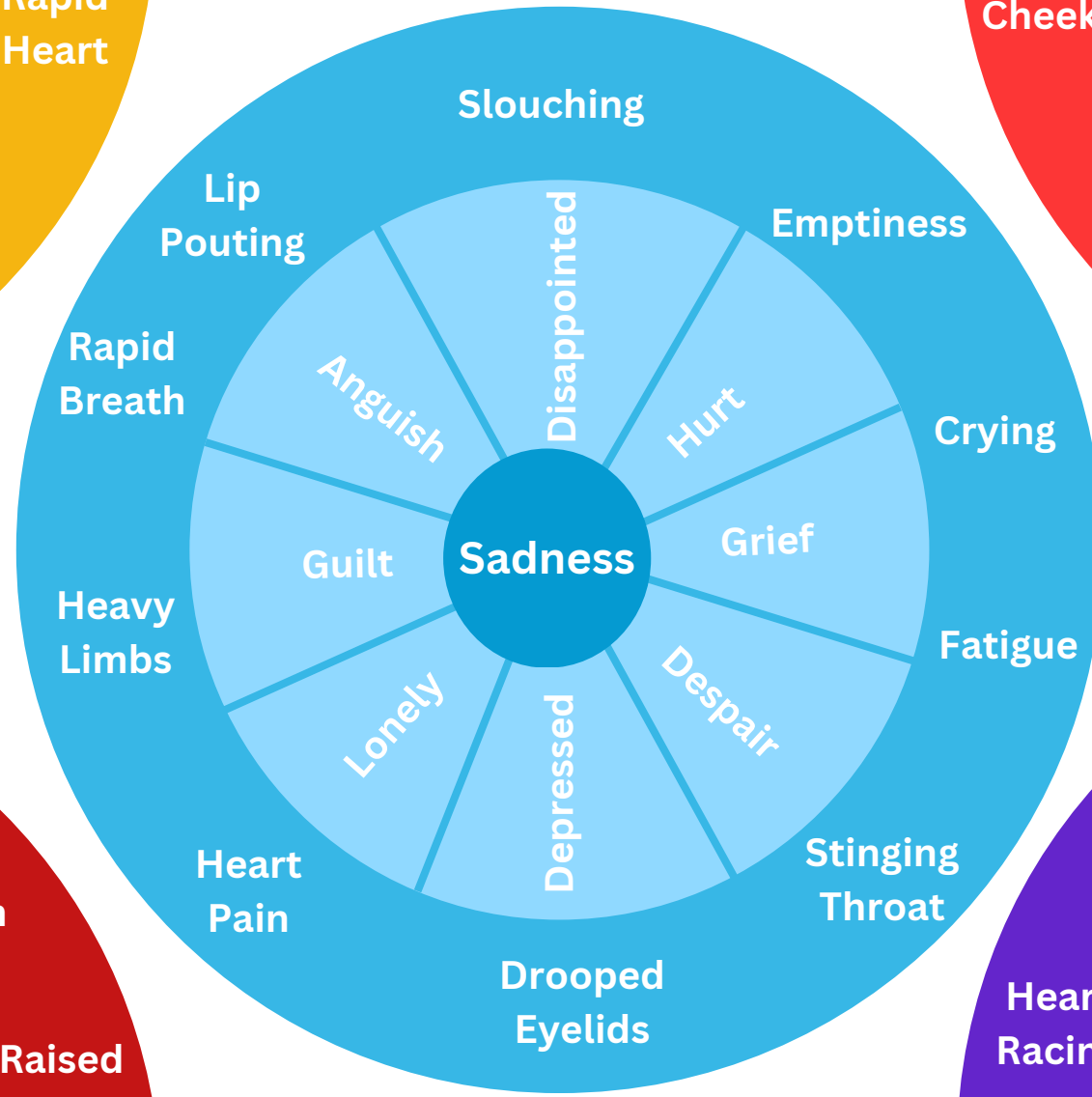
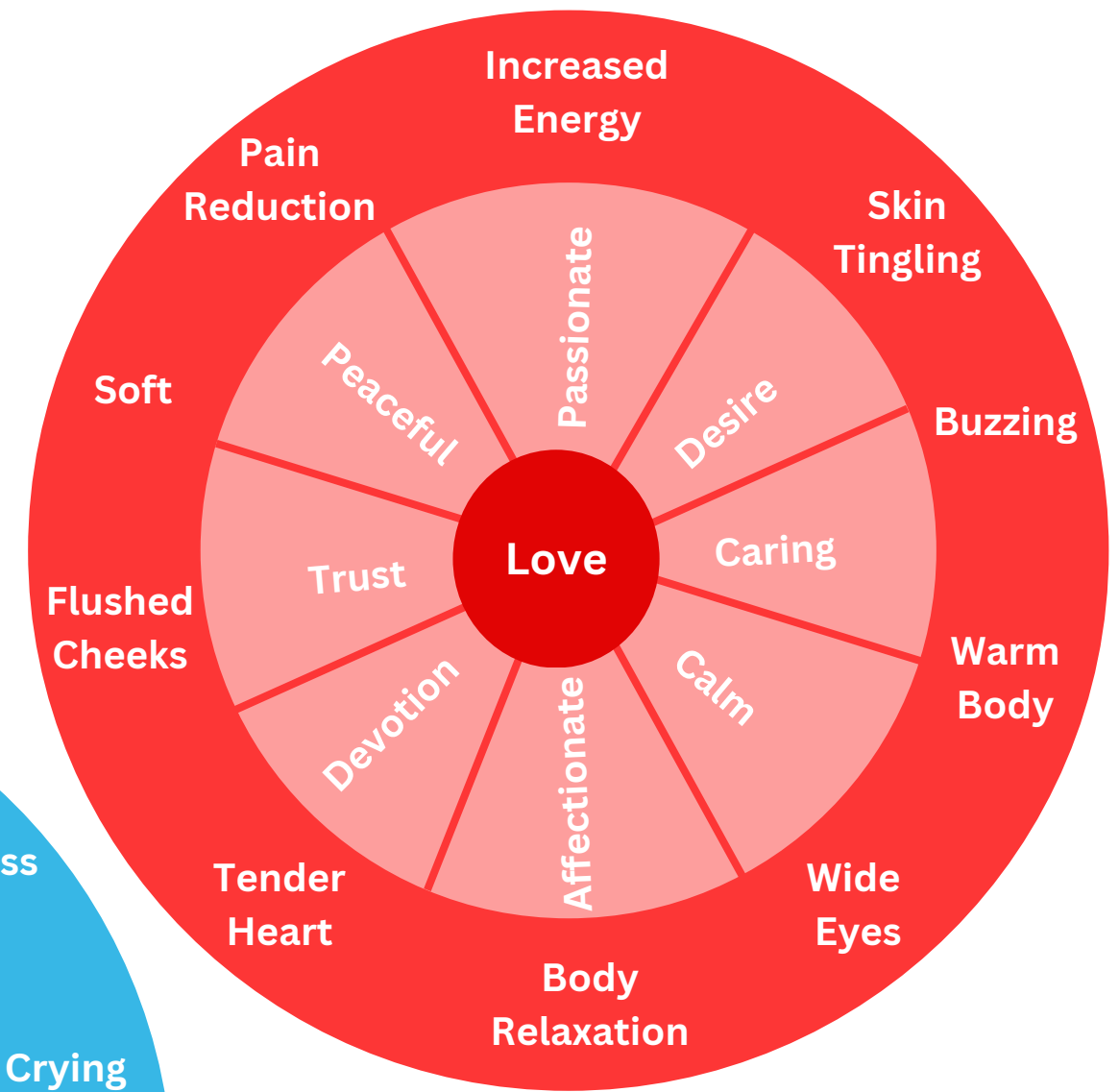
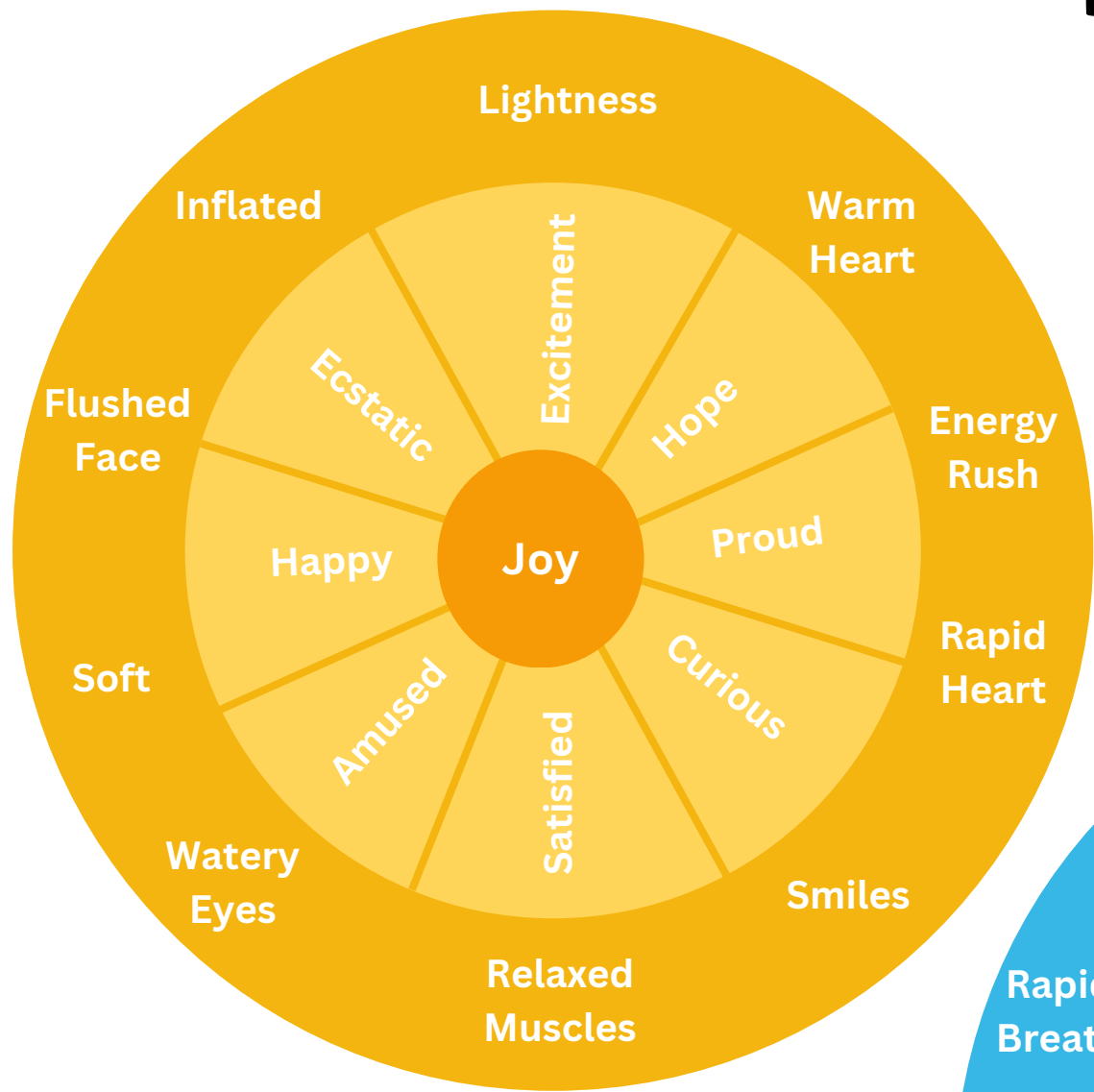


Emotion-Sensation Mapping



The **Emotion-Sensation Mapping Wheels** are a tool to help you connect with what you're feeling.

There are 3 layers:

Sensations - A physical feeling or perception in the body.

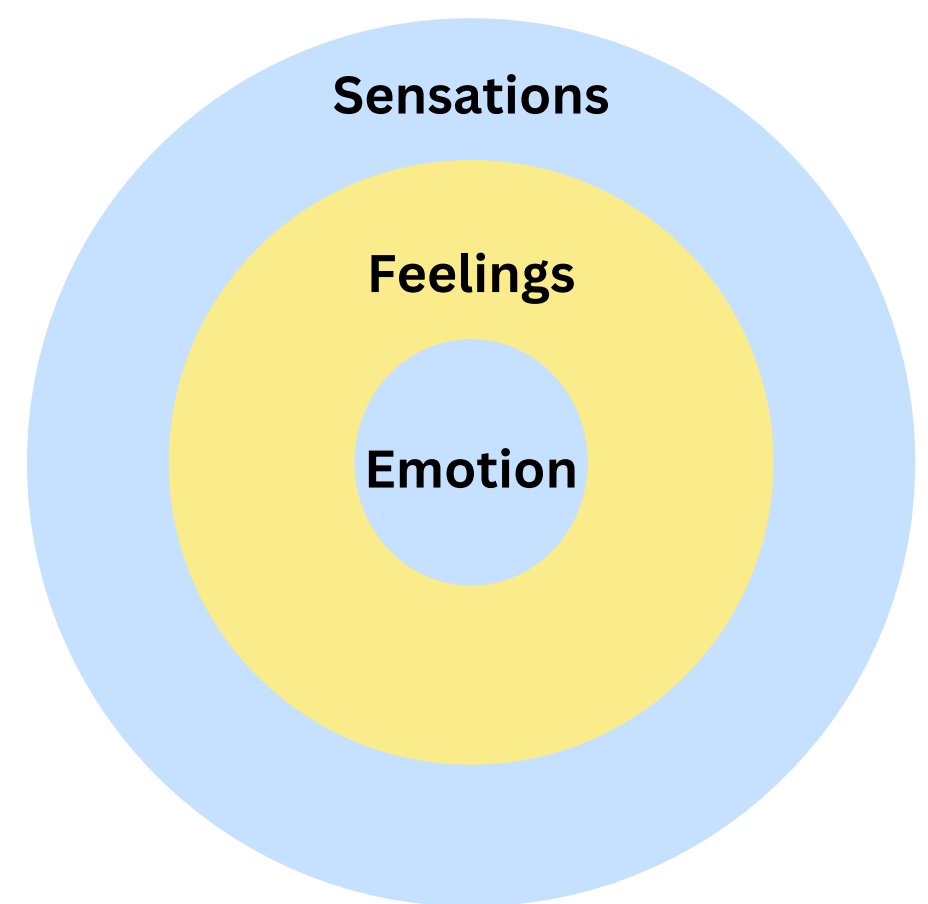
Emotions - A fleeting, intense experience in the body/mind in response to an internal or external stimulus, and activated by sensations in the body.

Feelings - A state of mind/body originating from emotions influenced by thoughts about our experience. These tend to stay with us longer than emotions.

Tip for using the wheels:

- 1 Start with sensations in the outer circle
- 2 When you find a collection that fit, check if the emotion in the centre resonates.
- 3 Then have a look at feelings in the middle for inspiration

This is not an exhaustive list, just an aid to help with your reflections.



Want to Explore More?

I'm Rebecca Hastings, RD (She/Her)

I help people work on their **relationship to self, food and body** and I have a growing number of free resources as well as open spaces to work together 1:1. You can see my website or social media below, or send me an email.

Free Resources



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