Female Emotional Pain Body Chart

nstructions: Locate emotional pai	n, think about your feelir	gs, and identify where you feel em	otional pain on the body diagram.
·	•		
NECK —		SHOULDERS	
Stress, anxiety, worry, stiffness		Feeling like you are carrying the weight of	
		the world	on your shoulders
BACK			
Upper back: Expectations placed upo	n	ELBO	
you, perfectionism		Resista	ance to change, stubbornness
Middle back: Fear of the future, insom anxiety	nnia,		
Lower back: Financial issues, buried			
emotions			IEES lexibility, being stuck in your masculin
HANDS		eg	
Adility	y to connect with others		
HIPS		CALVES	amational tanaian
	ional pain, anger,	jealousy	, emotional tension,
	ess, heart break		
ANK	I FS	FEET Negativit	y, being hard on oneself
	pility, uncertainty,	- Togum	y, some mand on oneocon
	ing pleasure		
motional Pain Location/s:			
xpress Emotions: Look at the key ar	nd use it to explain your em	otions or sensations in those areas.	
		, rate how strong your emotional pain i	·
cation:	_		Rating:
cation:	-		Rating:
cation:	Rating:	Location:	Rating:
Iditional Notes:			