Female Emotional Pain Body Chart

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nstructions: Locate emotional pain, thi	nk about your feeling	s, and identify where y	ou feel emotional pain on the body diagram.
NECK — Stress, anxiety, worry, stiffness			SHOULDERS Feeling like you are carrying the weight of the world on your shoulders
BACK Upper back: Expectations placed upon you, perfectionism Middle back: Fear of the future, insomnia,			 ELBOWS Resistance to change, stubbornness
anxiety Lower back: Financial issues, buried emotions HANDS	onnect with others		KNEES Inflexibility, being stuck in your masculine ego
HIPS — Emotional sadness, h	pain, anger, eart break	Str	ALVES ress, tension, emotional tension, alousy
ANKLES Instability, resisting p	uncertainty, easure		FEET Negativity, being hard on oneself
motional Pain Location/s:			
xpress Emotions: Look at the key and use	e it to explain your emo	tions or sensations in tho	se areas.
easure Intensity: On a scale from 0 (a little	e) to 10 (very intense),	rate how strong your emo	otional pain is at each marked spot.
cation:	-		Rating:
cation:	_		Rating:
ocation:	. Rating:	Location:	Rating:
dditional Notes:			