

*Emotion*

NOTICE WHAT THE BODY ALREADY KNOWS

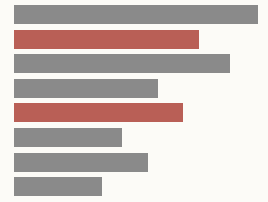


TABLE OF DECISION / HOT SEAT

FEEL  
NOTICE  
NAME  
LOCATE



*Emotions are signals. Slow down long enough to name what rose before the story took over.*

*Good* Questions

- How did you feel?
- What emotion showed up first?
- Before you had time to think, what was your immediate reaction?
- Was it more like fear, sadness, anger, disgust, surprise, hurt, or shame?
- What felt stirred up in you right away?
- When you remember the event, what feeling seems most connected to it?
- Where did you feel it in your body?
- What happened in your chest, stomach, throat, shoulders, jaw, or face?
- Did the sensation feel tight, heavy, hot, shaky, numb, sharp, or restless?
- As you stay with it, does it grow stronger, soften, or stay the same?

*Rules of Thumb*

- Emotion is a signal, not a verdict about reality.
- Name the body response as well as the feeling.
- If "upset" or "bad" is all you have, keep asking gently.
- Do not argue with the emotion or rush to fix it.
- Primary emotions often arrive before the interpretation.

## REMEMBER

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not a verdict about  
reality.*