

Name \_\_\_\_\_



# How Do You Feel Right Now?

Right now, I feel:

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What are the physical sensations of this emotion?

**Part of Your Body**

**How It Feels**

Experience your emotion in this moment without connecting it to any thoughts. Be very still and quiet. Be mindful of your breath entering your body, leaving your body, and entering your body again. Observe any thoughts that pass into your mind but allow them to pass out again without grabbing hold of them, just as you allow your breath to enter and leave your body without your conscious involvement.