

Body Sensations Associated With Emotions

Healthcare Professional's Name: Dr. Carlos Rivera

Contact Number: 555 789 4567

Healthcare Practice: Mindful Smiles Therapy Center

Email: c.rivera@mindfulsmiles.com

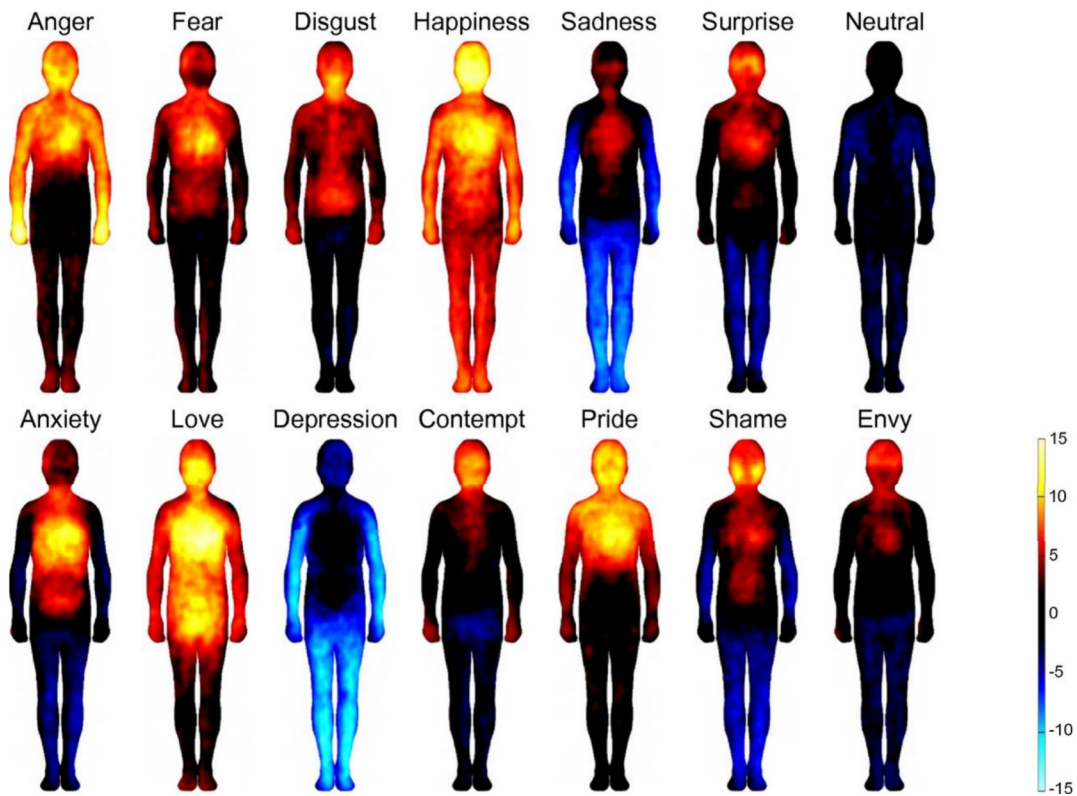
Emotions and Sensations

Basic Emotion	Related Emotions / Feelings	Physical Sensations / Behaviors
Happy	<ul style="list-style-type: none">• Joy• Curious• Proud• Satisfied• Courageous• Peaceful• Intimate• Optimistic	<ul style="list-style-type: none">• Open• Energetic• Awake• Inflated• Tall• Soft• Calm• Jaw set• Steady• Relaxed• Still• Sensitive• Warm• Light• Buzzing
Fear	<ul style="list-style-type: none">• Embarrassed• Unwanted• Inferior• Insecure• Anxious• Scared	<ul style="list-style-type: none">• Tender• Blushing• Unsteady• Cold• Tense• Frozen• Quiet• Heart racing• Foot tapping• Fidgety• Numb hands• Trembling

Basic Emotion	Related Emotions / Feelings	Physical Sensations / Behaviors
Surprise	<ul style="list-style-type: none"> • Shock • Confusion • Awe • Excitement 	<ul style="list-style-type: none"> • Jumpy • Sweaty Palms • Breathless • Speechless • Jaw drop • Eyebrows up • Electrified
Disgust	<ul style="list-style-type: none"> • Disapproval • Disappointed • Awful • Aversion 	<ul style="list-style-type: none"> • Shuddering • Writing • Need to move • Face scrunched • Nausea • Lump in throat • Queasy • Turn away
Sad	<ul style="list-style-type: none"> • Guilt • Abandoned • Despair • Depressed • Lonely • Apathetic 	<ul style="list-style-type: none"> • Looking down • Empty • Curling up • Slouching • Crying • Body aches • Tiredness • Hollow feeling • Changing heartbeats • Heaviness • Weak • Eye rolls
Anger	<ul style="list-style-type: none"> • Hurt • Insecure • Hateful • Mad • Aggressive • Irritated • Distant • Critical 	<ul style="list-style-type: none"> • Trembling lips • Limp • Hiding • Feeling hot • Scowl • Turn away • Loud words • Flushed • Heart racing • Clenching fist • Tight jaw • Headache • Numb • Guts turning • Curled lips

Bodily Sensation Map

This bodily sensation map shows which bodily regions respond to different emotions, including the six basic emotions.



Braman, L. (2020, August 14). *Emotion sensation feeling wheel - printable feelings wheel resources for adults and kids*. LindsayBraman.com.
<https://lindsaybraman.com/sensation-feelings-wheel/>

Nummenmaa, L., Glerean, E., Hari, R., & Hietanen, J. K. (2013). Bodily maps of emotions. *Proceedings of the National Academy of Sciences*, 111 (2), 646–651.
<https://doi.org/10.1073/pnas.1321664111>

Souza, H. F. de. (2023, November 30). Mapping emotions in the body: Study reveals physical topography of feelings. News-Medical.
<https://www.news-medical.net/news/20231130/Mapping-emotions-in-the-body-Study-reveals-physical-topography-of-feeling.aspx>