

# Emotional Body Chart

**Patient Name:**

**Date:**

*Instructions for Patients:* Please use this chart to identify and mark the physical sensations associated with your emotions. Understanding these connections can aid in emotional awareness and self-regulation.

Emotion	Location on the Body	Intensity (1-5)
1. Happiness		
2. Sadness		
3. Anger		
4. Fear		
5. Anxiety		
6. Stress		
7. Relaxation		

**Additional Notes**

**Therapist's Notes**