

# Emotional Body Map

## Patient Information

Name:

Date of Birth:

Medical Record Number:

Date of Assessment:

## Instructions for Use:

1. Begin by discussing the purpose and benefits of the Emotional Body Map with the patient.
2. Explain that this tool is designed to help them connect their emotions with physical sensations.
3. Ensure the patient understands that their input will be kept confidential in their medical records.

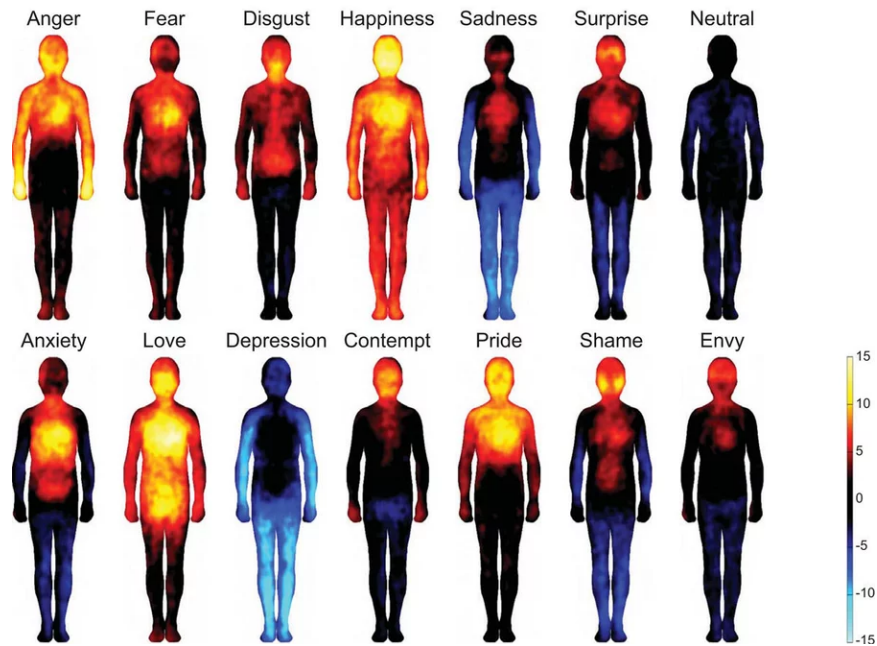


Image courtesy of Lauri Nummenmaa, Enrico Glerean, Riitta Hari, and Jari Hietanen.

## Emotional Body Mapping

Emotion:

Physical Sensations:

Location on the Body:

## Analysis and Discussion

## Integration into the Treatment Plan

## Follow-Up