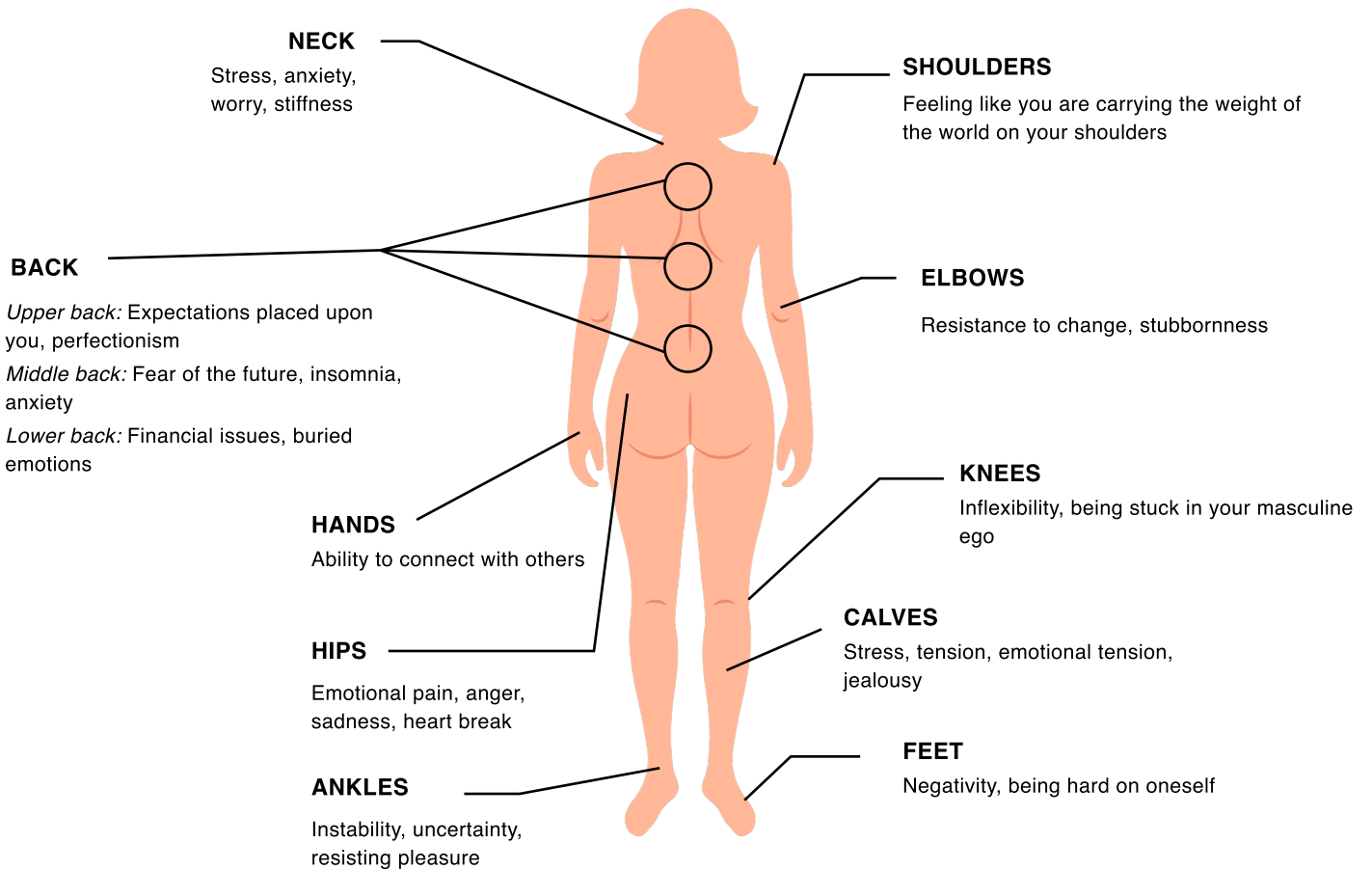


# Female Emotional Pain Body Chart

Name: \_\_\_\_\_

**Instructions:** Locate emotional pain, think about your feelings, and identify where you feel emotional pain on the body diagram.



**Emotional Pain Location/s:** \_\_\_\_\_

**Express Emotions:** Look at the key and use it to explain your emotions or sensations in those areas.

**Measure Intensity:** On a scale from 0 (a little) to 10 (very intense), rate how strong your emotional pain is at each marked spot.

Location: _____	Rating: _____	Location: _____	Rating: _____
Location: _____	Rating: _____	Location: _____	Rating: _____
Location: _____	Rating: _____	Location: _____	Rating: _____

**Additional Notes:**